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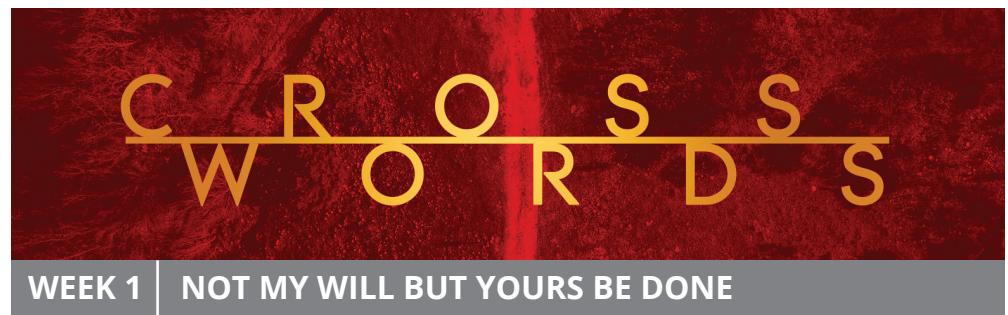


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► WARM UP

Have you ever been told to do something by a parent or someone else that you didn't want to do, but after completing it, you were glad you did? What was that? What was your apprehension?

► WORD

Read **Luke 22:39-46**

In this passage, Jesus cries out in desperation to the Father on the Mount of Olives, because he is well aware that within hours, he would be crucified. He encourages his disciples to pray with him and to be alert.

► NOTES

1 A custom of prayer

³⁹And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. ⁴⁰And when he came to the place, he said to them, "Pray that you may not enter into temptation."

Luke 22:39,40 (ESV)

Jesus had an allocated custom of prayer - a set location, and a set intention: to pray against the entry into temptation. His disciples followed him, not just to that place, but towards the custom that Jesus had in place. As we mentor people towards Christ, we must ask Him for the grace to be a living sermon.

- What spiritual customs would you like to see established in your life on an everyday basis?
- Who are the discipleship examples that God has called you to follow, and how do you see them walking out in their calling, character and spiritual disciplines that inspire you?

Obedience in fulfilling the will of God in our lives isn't always as easy as it seems. Jesus himself clearly saw the will of God for his life as extremely difficult. But he had certainty in his relationship with God and in his established custom of prayer. What you practice and become accustomed to in your private life will eventually emerge in your public life, especially when under pressure. In response to Jesus' prayer, an angel was sent to strengthen him to fulfil God's will.

- Have there been times where you've found it hard to do the right thing? How did you respond to the situation?
- What have been some of the excuses you've used in the past when things have appeared too hard to bear, in order to get out of doing something you knew you were supposed to do?
- What excuses are you willing to abandon in order to move forward with something God's put on your heart to do?

2 The weak made strong

⁴¹And he withdrew from them about a stone's throw, and knelt down and prayed, ⁴²saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." ⁴³And there appeared to him an angel from heaven, strengthening him..

Psalm 127:4-5 (ESV)

PRAYER

- Pray that God will give us grace to obey him, especially when it is hard and when we may not fully understand the situation that calls for our obedience.