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PRAYER

Father God, we thank you that as we confess our sins, you are faithful and just to forgive us and cleanse us from all unrighteousness. Help us to know and believe we are forgiven, and that by your beautiful grace, forgiveness is also possible towards those who have wronged us. In Jesus' name, Amen.

WARM UP (OPTIONAL)

Are you an ice cream or chocolate fan? If so, which do you like more and what is your favourite flavour? If not, why not?

NOTES

WORD

⁹ Pray then like this: “Our Father in heaven, hallowed be your name. ¹⁰ Your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us this day our daily bread, ¹² and forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from evil. ¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵ but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

[MATTHEW 6:9-15](#)

³⁶ Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” ³⁷ And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. ³⁸ Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” ³⁹ And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.” ⁴⁰ And he came to the disciples and found them sleeping. And he said to Peter, “So, could you not watch with me one hour? ⁴¹ Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” ⁴² Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” ⁴³ And again he came and found them sleeping, for their eyes were heavy. ⁴⁴ So, leaving them again, he went away and prayed for the third time, saying the same words again. ⁴⁵ Then he came to the disciples and said to them, “Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. ⁴⁶ Rise, let us be going; see, my betrayer is at hand.”

[MATTHEW 26:36-46](#)

From Jesus’ prayer in Gethsemane, we can see how he took into his body all the sins that we, as humanity, ever committed.

- 1. His prayer was to forgive those who had sinned against him, even his betrayers.**
- 2. He was obedient despite, in his humanity, he wanted the “cup” (symbolising judgement) to pass him by. Forgiveness is painfully impossible without the grace of God.**
- 3. He went as far as to bless those who offended him (1 Peter 3:8-10; Romans 12:14-17).**

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1 to 10, how would you rate your ability to forget mistakes you have made? Why do you rate yourself this way?
2. In the same way, how would you rate your ability to move in freedom from past wrongs that have been made against you? Why do you rate yourself this way?
3. Why do you think the disciples kept falling asleep? Could their slumber have been spiritual? In what ways might we be spiritually asleep?
4. Jesus teaches the disciples to pray, “forgive us our debts, as we also have forgiven our debtors.” What does this mean and what can it look like in your life?
5. Have you received God’s forgiveness for your sin through Jesus? If so, does Jesus have control of your life that you might not be led into temptation again?
6. Are you walking in complete forgiveness for others who may have wronged you? If not, would you like to pray with a Life Group leader to help you walk in forgiveness the way Christ has forgiven you?

PRAYER LIST