

navigating tough moments

MARK 14:32-42

THE QUESTION

What can we learn from Jesus about how to pray during difficult times?

THE POINT

During difficult times, we can pray honestly and trust God's plan.

02

LEVELS OF BIBLICAL LEARNING

PEOPLE



We all encounter difficult moments in life. In Jesus, we have a Savior we can pray to, trusting that He knows what is best for us.



LET'S look

MARK 14:32-42

³² Then they came to a place named Gethsemane, and he told his disciples, “Sit here while I pray.” ³³ He took Peter, James, and John with him, and he began to be deeply distressed and troubled. ³⁴ He said to them, “I am deeply grieved to the point of death. Remain here and stay awake.” ³⁵ He went a little farther, fell to the ground, and prayed that if it were possible, the hour might pass from him. ³⁶ And he said, “Abba, Father! All things are possible for you. Take this cup away from me. Nevertheless, not what I will, but what you will.” ³⁷ Then he came and found them sleeping. He said to Peter, “Simon, are you sleeping? Couldn’t you stay awake one hour?” ³⁸ Stay awake and pray so that you won’t enter into temptation. The spirit is willing, but the flesh is weak.” ³⁹ Once again he went away and prayed, saying the same thing. ⁴⁰ And again he came and found them sleeping, because they could not keep their eyes open. They did not know what to say to him. ⁴¹ Then he came a third time and said to them, “Are you still sleeping and resting? Enough! The time has come. See, the Son of Man is betrayed into the hands of sinners. ⁴² Get up; let’s go. See, my betrayer is near.”



DID YOU KNOW?

Currently, the tallest roller coaster under construction in the world is *Falcon's Flight*, standing at an impressive 639 feet tall. The ride is located at Six Flags Qiddiya in Saudi Arabia.¹

➤ MEMORY VERSE

Mark 14:36

LET'S go

Bible Meets Life

THE QUESTION > What can we learn from Jesus about how to pray during difficult times?

THE POINT > During difficult times, we can pray honestly and trust God's plan.

Life can feel like a roller coaster—full of ups, downs, and unexpected twists. We all face challenging moments that test us along the way. We must wrestle with the questions of what we will do with these moments and who we will turn to. In this session, we're reminded that as believers, we can pray honestly and trust God's plan in all circumstances. Jesus went to the Father in prayer, and He never wavered in His commitment to the things of God. He asked His disciples to pray, but they fell asleep. We will never be perfect, but we should always strive for obedience.

MOVING forward

Take a moment this week to consider the situations or areas that cause you to be anxious. Are you going to the Lord and seeking His will for your life? You can rest in knowing God hears you and His plans are always best.

MAIN TAKEAWAY

What is one insight or takeaway you got from today's session?

Think about this:
How you pray during tough times shows who holds your heart and who you truly serve.

We all encounter difficult moments in life. In Jesus, we have a Savior we can pray to, trusting that He knows what is best for us.

DAY 01

Read

Take some time and check out **Psalms 18:1-3**.

In our main session, we saw Jesus in a deeply distressed moment where He cried out to the heavenly Father. This week, for your daily readings, we will be in Psalm 18. In this chapter, we see David speaking to the Lord (in the form of a song) after He rescued him from his enemies, particularly from Saul. Like us, David faced uncertainty and distress many times. In the first three verses, David called the Lord his strength, rock, fortress, and deliverer. He saw the Lord as a place of refuge who is worthy of praise for all He has done. In this passage, the Lord fought for David against the backdrop of a military battle.

Jesus is our ultimate deliverer and knew it was His role to take on the sins of the world on our behalf. Consider if Jesus is the rock you lean on in times of uncertainty. In the garden of Gethsemane, Jesus took refuge in God. Like David, do you see the Lord as your stronghold? He is the ultimate rock you can lean on.

Reflect



Think about a time when you felt uncertain. What helped you move forward? Who showed up for you?



How is Jesus different from any other person or thing we can place our trust in?

Respond

Lord, help me this week to fully and completely lean on You as my rock and fortress. Give me a heart of surrender.

MEMORY VERSE

Mark 14:36

PEOPLE

We all encounter difficult moments in life. In Jesus, we have a Savior we can pray to, trusting that He knows what is best for us.

DAY 02

Read

Take some time and check out **Psalm 18:4-6**.

Yesterday, we began in Psalm 18. Today, we see just how distressed David felt in these moments. He compared the feeling of death to ropes wrapped and entangled around him. In the garden of Gethsemane, Jesus knew what lay ahead for Him. Yet, as a human, it led Him to great agony.

We have great hope in the verses that follow. David called out to the Lord in his distress, and the passage tells us that God heard him. His cry reached the ears of God. We can have confidence knowing that when we pray in faith, God hears us. There isn't a single aspect of life that God is disinterested in or doesn't care about. We live in a broken and fallen world; therefore, we will experience the effects of sin. However, God is not absent, just like He was not absent from His Son in the garden.

Thank God for hearing your requests and questions. Remember, He loves you.

Reflect



How does it bring you comfort knowing God hears you? What is one thing you can bring before Him today?



What does it tell you about God that we have access to Him?

Respond

Lord, help me this week to be honest with You about my emotions, thoughts, and desires.

We all encounter difficult moments in life. In Jesus, we have a Savior we can pray to, trusting that He knows what is best for us.

DAY 03

Read

Take some time and check out **Psalm 18:25-29**.

So far, we have seen how God is the rock we can lean on and that He hears us. In verses 25-29, we are reminded of how this proves His faithfulness to us. In the Old Testament, God rescued His oppressed people from their enemies. Jesus would leave His distressed moment in the garden of Gethsemane and be our rescue. Furthermore, verse 28 describes the Lord as a lamp that illuminates our darkness. John 1 reminds us that Jesus is the light of the world, shining in the darkness, and the darkness has not overcome it. And in 1 John 1:9, we're reminded that He is faithful and righteous.

God is still faithful today. That does not mean everything will work out how we want it to; it means that God is not absent from our experiences. He calls us to faithfulness and obedience as He is faithful to us.

Praise God for His faithfulness in your life.

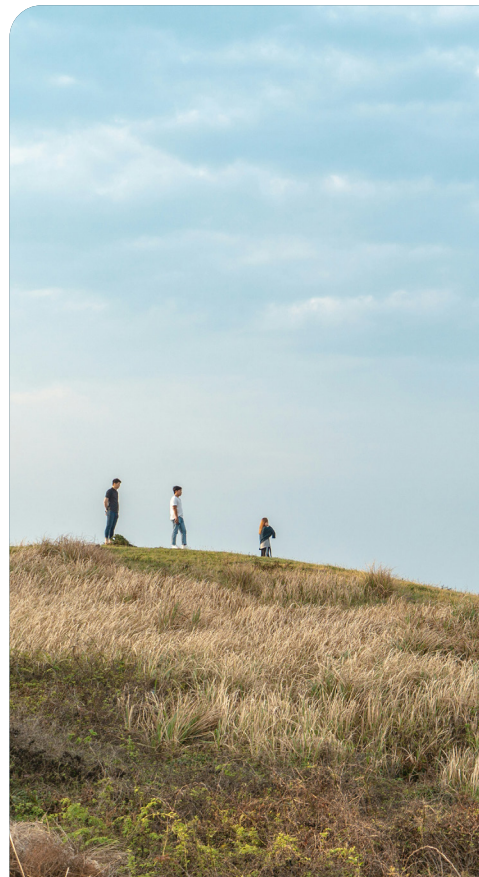
Reflect



How has God been faithful to you? What does this tell you about God's love for you?



God is not absent from our lives. How does this help us see His care and protection over us?



Respond

Lord, help me this week to see how You have always been faithful in my life. Please help me remember this when I'm alone and in times of uncertainty.

MEMORY VERSE

Mark 14:36

PEOPLE

We all encounter difficult moments in life. In Jesus, we have a Savior we can pray to, trusting that He knows what is best for us.

DAY 04

Read

Take some time and check out **Psalms 18:30-36**.

In difficult times, it's important to remember not only that God promises His presence but also that He has a plan. Verses 30-36 tell us that God's way is perfect and that He is a shield to all who take refuge in Him. In God's will, there is security, and He upholds us in His loving care. In the garden of Gethsemane, Jesus prayed and asked if there was any other way for events to take place, but He knew the will of the Father. His ultimate prayer was for God's will to be done. Jesus knew the plan and the way it had to unfold—that is why He prayed the way He did.

We must always trust God's plan because He knows what is best. Remember, God's plan is not only the best but also perfect just as He is. The CSB Study Bible says it this way: "The Lord's Word is pure in that it is true and reliable."

We can always trust Him and His plan for our lives.

Reflect



Why should we rely on God's plan instead of trying to control everything ourselves?



How does looking at the world around us help us see that God is organized and has a plan?

Respond

Lord, help me this week to trust the plan You have for my life, even when I don't fully understand what You are doing.

MEMORY VERSE

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DAY 05

Read

Take some time and check out **Psalm 18:46-50**.

We end our time this week with the promise in verse 46: The Lord lives! We should give thanks because He is our living Savior. In this passage, God had previously delivered David from His enemies. However, the bigger picture for us is that we have been given ultimate freedom and new life in Christ through His death, burial, and resurrection. This means Satan has no power, and the victory belongs to Him. God is exalted above all, and nothing is too complicated for Him to handle.

Life will sometimes be difficult. Yet, we have a refuge and hope in God. We must remember His plan is always at work and it's for our good and His glory. This week, share this good news with someone God has placed in your life. Consider writing down this truth: The Lord lives—blessed by my rock! There will be moments when you need to remind yourself of this powerful truth and remember that He never changes.

Reflect



What's one way you've seen God working in your life lately? How can you thank Him for it?



Jesus is alive. What does that show you about God's power? How does it help you face tough times and live with hope?



Respond

Lord, help me this week to find refuge in You, knowing You are working for my good and Your glory.