

# PRAY HARD PRAYERS

## The Prayer of Surrender - Matthew 26:36–46

Suggested Memory Verse: Matthew 26:39 “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.’”

1. Matthew 26:37–38 — Jesus enters prayer deeply sorrowful and troubled. What does this teach us about bringing real grief and emotional weight into prayer instead of cleaning ourselves up before God?
2. Matthew 26:39 — Jesus clearly expresses His desire while still submitting to the Father’s will. Where do you find it hardest to say, “This is what I want... but I trust You more”?
3. Matthew 26:40–41 — Jesus warns that the spirit is willing but the flesh is weak. Where do you most often experience this tension between intention and obedience in your own life?
4. Matthew 26:42–44 — Jesus prays the same surrendering prayer multiple times. Why do we often expect surrender to be instant instead of something that must be practiced repeatedly?
5. Romans 8:5–6 — Scripture contrasts setting the mind on the flesh versus the Spirit. What habits or patterns most influence which one you are feeding daily?
6. Luke 22:43 — God sends strength, not escape. How has God sustained you in seasons where the situation did not change but your endurance did?
7. 1 Thessalonians 5:18 — Thanksgiving is commanded even in difficult circumstances. How might gratitude become an act of surrender in a situation you would rather control or avoid?

