



# Day 16

## Matthew 26:36-46

Ever stayed up all night praying about something? You know it's really weighing on you when you can't even close your eyes when you lie down.

Jesus would often stay up late and wake up early to spend time in prayer, but on one occasion he pulled an all-nighter and gave us an example of how to pray and wait on God when you're feeling the weight of the world.

Are you feeling overwhelmed? Are the pressures of life bearing down on your heart and soul? Jesus modeled three prayer traits in the garden of Gethsemane.

First, Jesus took disciples with him into the garden and asked them to pray as he prayed. Jesus did not pray through tough times by himself!

Second, Jesus prayed with raw honesty. He was not afraid to be real in front of God, to pray boldly, and ask God for exactly what he wanted.

Third, Jesus was willing to align his prayers with God's plan. His prayer ended by fully submitting to God.

*Pray: "God, would you help me to become a person of prayer? Would you bring people of prayer around me and give me the courage to ask others to pray with me in my times of need? Thank you for letting me bring all of my thoughts and emotions to you, regardless of how raw and unfiltered they are. Thank you for always welcoming our prayers and wanting to hear them from Your people."*