

A Cup for One

Matthew 26:31-75

I. Introduction: Something to Own (and not just see)

1. Jesus' disciples had never accepted He was going to die. They both hoped and expected Him to claim His throne and release Israel from her bondage to Rome. Yet, it was this day that the reality of His pending death came home. So foreign was the now real thought, that in **Luke 24:21** the two disciples on the road to Emmaus spoke of their hope and expectation in the past tense: "But we were hoping that it was He who was going to redeem Israel."
2. Jesus' arrest was illegal. Indeed, the religious leaders hatred was so great, they rigged the trial for this peasant man turned prophet and miracle worker from Nazareth. There was NO formal charge, the rush of the trial, the intervention of the high priest, a unanimous verdict, and the elders NOT mounting a required defense of a person facing the death penalty all gave off the stench of evil. One commentator¹ noted, imagine the findings if they had done their duty as Jesus "checked the box" on each of these and more:

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- A. According to Scripture, the Messiah was to have been born in Bethlehem, and Jesus was born in Bethlehem (Micah 5:2; Luke 2:1–7).

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- B. The Messiah was to be virgin born, and Jesus was born of Mary, who was a virgin at the time (Isa. 7:14; Matt. 1:24, 25; Luke 1:26–30).

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- C. The Messiah was to be of David's line, and Jesus was descended from King David (2 Sam. 7:12, 16; Isa. 11:1–2; Matt. 1:1–16; Luke 3:23–37).

¹ James Montgomery Boice, *The Gospel of Matthew* (Grand Rapids, MI: Baker Books, 2001), 586–587.

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D. The Messiah was to be preceded by a figure like Elijah, and John the Baptist filled that role for Jesus (Mal. 3:1; 4:5; Matt. 17:12–13; John 1:19–23).

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E. The Messiah was to do many great works, and Jesus had performed the works that had been prophesied (Isa. 61:1–2; Matt. 11:1–6; Luke 4:16–21).

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F. The Messiah was to make a public entry into Jerusalem riding on a donkey, and Jesus had done this just a few days before (Zech. 9:9; Matt. 21:1–11).

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G. The Messiah was to be betrayed by a close friend, and Jesus was so betrayed (Ps. 41:9; Matt. 26:14–15; 27:3–8).

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H. The Messiah was to be despised and rejected by his people and to be familiar with suffering, and Jesus was (Isa. 53:2–3).

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I. There are references in the Old Testament to precisely the kind of unique Son of God Jesus claimed to be (Ps. 2:7; Isa. 9:6).

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J. The Old Testament speaks of God becoming flesh (Isa. 7:14).

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K. There are Old Testament passages in which Jehovah is said to have appeared among men (Ge 16:13; 18:13, 17, 26; Da 3:25).

In this classic story of the ends justify the means, these men were blind to God's will, His ways, and His word. In a great warning for us, it is paramount that we see them, and ourselves, through the proper lens...their acts on this day were NOT parachuted in at the last moment, but birthed in their everyday choices in living out a corrupted faith.

Oh, their faith had the trappings of righteousness, but NOT the heart. While the One they claimed to worship was directly in front of them, He might have been a millions miles away, for the reality of their worldview led them to deny Him.

What about the reality of your world view?

II. Matthew 26:31-35: [Your] Resolve is NOT Enough

1. First, we see the Lord offering a warning through His prophetic word of what would soon be unfolding. *As we will find, despite their protestations to the contrary, the flock of disciples will stumble.* Peter, ever the lightening rod, will deny the Lord 3 times before the rooster crows.
2. In the midst of these verses, there are two things to NOT miss:
 - A. First, while being stricken, in v32 Jesus offers the promise of being raised from the dead and having a continuing relationship with them.
 - B. Second, the disciples, including Peter, meant what they said. *They believed Jesus to be Lord and had counted Him worthy of following...*and yet, as Christ prophesies...they will stumble. *This is here to heighten our awareness that stumbling is a very real possibility regardless of our resolve.*

Our faith needs to be continually nurtured and built for the child of God wars against both our old hearts and the enemy. **1**

Peter 5:8-9 reminds us:

⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. - 1 Peter 5:8-9

We also know from **1 Corinthians 10:13**, that Jesus will provide a way out of our temptations. *In today's passage, Jesus will offer us the "keys to the car" in just how to do so!*

III. Matthew 26:36-46: The Preeminence of Prayer

There are three important themes for us to note here.

1. First, we see and can, in some sense, even feel the humanness of Christ. Without in any way insinuating an equality of the sorrow and distress Jesus is indicating here, I know that some of us in this room have felt the crush of sorrow and distress.

What is notable is that He not only expressed this to the Father in asking for “this cup” (the cup He told the disciples in Mt 20:22 they did not understand what they were asking to bear) to be lifted if it be the Father’s will, BUT He invited Peter, James, and John (the body of Christ) to share in this moment – NOT in the cup that He alone had to bear, but in His moment of duress.

2. Next, we see Jesus model of faithfulness in praying. Matthew recorded some of Jesus’ words here, but if you look in v40, Jesus was praying for an hour. Three times He stepped, according to Luke (22:41) a stone’s throw away, to pray. Three times He turned to find His three closest friends snoozing away. Have you ever stopped to consider what He prayed? I have, and I think He gave us at least part of the answer.

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Turn with me to **Matthew 6:5-15**. Here we see Jesus teaching the disciples how to pray. He tells them what to be like, including such things as authentic, humble, thankful, seeking His will, worshipful, submissive, hope-filled, forgiving, joyful, and more. Join me in reading the Lord’s prayer together:

Our Father in heaven, Hallowed be Your name. ¹⁰Your kingdom come. Your will be done, On earth as *it is* in heaven. ¹¹Give us this day our daily bread. ¹²And forgive us our debts, As we forgive our debtors. ¹³And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen. - Matthew 6:9–13

3. From this, we are brought to the weakness of man’s flesh, including its reality and how to overcome its control.
 - A. In v41, we are given both the problem and the solution. First the problem...even those with the strongest of resolve are weak in the flesh. Paul captures this weakness of the flesh in **Romans 7:19** where he says “For the good that I will to do, I do not do;

but the evil I will not to do, that I practice.” A little further on, in **Romans 8:6**, Paul says “For to be carnally minded is death, but to be spiritually minded is life and peace.”

B. For you see, our flesh is the old, unsaved me clinging on with all its great power AND it must be dealt with! Can we be real for moment or two...the bible says that the flesh:

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- i. Is a slave to impurity and lawlessness (Ro 6:19);
- ii. **Wages war against the soul (1 Pe 2:11); and**
- iii. ¹⁹ Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, murders, drunkenness, revelries, (Ga 5:19–21)

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C. Now return with me to v41. I want to show you something that is nothing short of transforming. As we have repeatedly read, the disciples never accepted Jesus prophesy of His own crucifixion. I note this as an obvious example of sin in their lives...they did NOT believe the very word of God; the same word you and I are charged to believe and obey.

Consider His words again: “Watch and pray, lest you enter into temptation”. In you think back to v31, you see this is the second warning of sin crouching at the door. But God...in his care and love for us expressly shares how to overcome our flesh and the enemy. Did you see it? “Watch and Pray”. Be alert, be vigilant...but most of all PRAY!

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We read this in the Lord’s prayer and throughout Scripture, Because in prayer, He:

• Prepares us	• Strengthens us	• Protects us
• Builds our faith	• Aligns our will with His	• Forgives us
• Brings Comfort	• Guides our decisions	• Brings healing
• Shares hope	• Transforms our hearts	• Gives answers
• Offers Peace & Contentment	& more...	

Thinking back on Peter, James, and John for a moment...have you ever found yourself sleeping when you should have been watching and praying?

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IV. Matthew 26:47-56: The Lonely Journey to the Cup Begins

1. In this section, we see (1) Judas stepping into His destiny of betrayal built on greed, (2) Jesus stepping toward His destiny with purposefulness, compassion, grace, and mercy, and (3) the other disciples taking a short detour from their destiny because of fear.
2. Looked at from a Kingdom perspective, we see several hard things, including:
 - A. Judas' betrayal. For the paltry sum of 30 pieces of silver, he was willing to betray his friends, betray his Rabbi, and betray his Lord. Jesus had given and given and given, Judas took and took and took, but somehow the two never met. In some sense, Judas is a representative of much of mankind...Jesus is addressing the spirit, but Judas was taking in the flesh, with all that implies.
 - B. Of the 11 disciples, it seems clear that 10 (including two of those closest to Christ) were not prayed up and with their own words of "I will not deny you" echoing in their ears, fled in fear of man. There was one, good old Pete, that did not flee, but instead picked up his sword to fight for his King. One day Jesus would come with the sword of His mouth, but that day was not now. We know that Pete, like the others, was also NOT prayed up. So he took matters into his own hands in bringing a sword designed for a worldly battle into a spiritual war. [In so doing, he struck the high priest's servant Malchus (John 18:10) and his testimony of Jesus come in peace to save souls was lost in his fleshly response.]
 - C. Finally, we have Jesus' lonely walk to the cross that should have been yours and mine. For you see, from the types of

Christ presented in the OT (Isaac as one example) to specific Scripture like **Genesis 3:15, Isaiah 53, Psalm 22, Jeremiah 23:5-6, and Zechariah 9:9**, God's word had to be fulfilled. Only One could bear the Father's cup. As Peter sheathed his sword, he "disappeared" into the shadows, blending in with the crowds.

V. Matthew 26:57-68: Arraignment by the Jews

We have previously catalogued the essence of the injustices heaped upon Jesus in our introduction today. So, here I will just take the opportunity to offer some additional color commentary.

1. The crux of the matter is that Jesus was, and frankly remains today, a threat. He was NOT a threat because He could have called down legions of angels nor was He leading a popular uprising over either the religious leaders or Rome. Nor was-OR-is He a threat because of the words He uttered and the miracles He did. He was-and-is a threat because He backed up His words and miracles. For you see Jesus was-and-is TRUTH. He was-and-is Messiah.

It was and is this, TRUTH, that threatens those that choose to not follow Him as Lord.

- A. If there was any doubt in Caiaphas's mind of the threat Jesus represented to his worldview, Jesus drove a sword through that doubt with His response in v64 drawing directly from **Daniel 7:13-14**; verses unlikely that Caiaphas would not have known.
2. One last point. Instead of doing their duty as unto God, the religious leaders spat on the son of God to demean and diminish Him. They beat Him that they and He would "know" He was NOT Lord for they exercised authority over Him. They commanded He prophesy who hit Him so as to ridicule and scorn Him.

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VI. Matthew 26:69-75: Weeping to Victory

1. There is a temptation to not only see, but to emphasize and be discouraged by Peter's actions here. While certainly a focus point offering us many valuable lessons, I pray that you will join me in rejoicing at the result.
2. In chapter 22, v61, Luke reports that at Peter's 3rd denial, "The Lord turned and looked straight at Peter". You see, with each of those denials Peter had counted the cost and Jesus as NOT worthy. In his own way AND in spite of Jesus warnings, Peter had spit on, hit, and said condemning words just as the religious leaders had done. But Jesus' infamous look was not a "I told you so" look, but a "I came for this...for you" look.
3. Just as we examine the religious leaders and other disciples in this passage, it is good for us to consider why Peter fell. Was it an underestimation of Jesus? Perhaps it was an overestimate of himself? Was it as simple as he did not heed Jesus warning to watch and pray?
 - A. From both the disciples and the religious leaders, it's clear that knowledge of God, whether from books, training, OR even in direct relationship with Him is not sufficient to receive, follow, and obey. There is something more to deepening, solidifying, and maturing our faith. We must know Him in our souls...something only possible by the supernatural work of His word and His Spirit with prayer integral therein.
 - B. It is by faith that we are saved. It is by faith He supports us. It is by faith, He protects us. It is by faith we hunger and thirst for righteousness and come to know the value of prayer. I don't want to diminish worship, fasting, walking in His creation, or any other many of seeking God, but I do want to emphasize what our passage clearly states...**WATCH AND PRAY!**
4. Finally, we see the difference between the lost and the saved. The lost double down in their war against Jesus. They seek to raise themselves to the height of god of their lives. The saved, as did Peter here, come to the end of themselves in great sorrow. They

know that they are desperate for Him and indeed only have meaning, purpose, and life itself in Him. So Peter wept bitterly - his body wracked with sorrow, angst, guilt, desperation, frustration, etc. But he wept his way to repentance and restoration. You and I will enjoy Peter's company one day at the marriage supper of the Lamb and for all eternity.

5. To close today, I want to share a word from Peter that invites you into victory. The problem with invitations is we too often think they are optional...like many we hear as we go through the Bible, this one is NOT.

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But the end of all things is at hand; therefore be serious and watchful in your prayers. - 1 Peter 4:7

Matthew 26:31-75 A Cup for One

I. Introduction: Something to Own (and not just see)

Additional Scripture References: Lk 24:21 + dozens documenting Jesus as Lord.

II. Matthew 26:31-35: Resolve is NOT Enough

Additional Scripture References: 1 Peter 5:8-9; 1 Co 10:13

III. Matthew 26:36-46: The Preeminence of Prayer

- Christ's humanness
- The blessings of prayer include _____.
- Have you ever found yourself "sleeping" when you should have been spiritually minded/focused?!

Additional Scripture References: Mt 6:5-15; Ro 7:19, 8:6, 6:19; 1 Pe 2:11; Ga 5:19-21

IV. Matthew 26:47-56: The Lonely Journey to the Cup Begins

Additional Scripture References: Jn 18:10; Ge 3:15; Is 53; Ps 22; Je 23:5-6; Zec 9:9

V. Matthew 26:57-68: Arraignment by the Jews

- The reality of Jesus as a threat.

Additional Scripture References: Da 7:13-14

VI. Matthew 26:57-68: Arraignment by the Jews

- A NON-Optional invitation for those wanting the victory Jesus' offers.

Additional Scripture References: Lk 22:61; 1 Peter 4:7

5-Day Devotional

Matthew 26:31-75

A Cup for One

Day 1: The Power of Prayer

Reading: Mt 26:36-46

Devotional: Jesus' example in the Garden of Gethsemane teaches us the vital importance of prayer, especially in times of distress. Despite His anguish, Jesus turned to the Father in prayer, modeling for us how to face our deepest struggles.

Today, reflect on your own prayer life. Are you bringing your concerns, fears, and desires to God? Remember Jesus' words: "Watch and pray, lest you enter into temptation." How might a more intentional prayer life strengthen your faith and help you resist temptation? Take time to pray, not just for your needs, but also for God's will to be done in your life.

Day 2: Overcoming the Flesh

Reading: Rom 7:15-25, Gal. 5:16-25

Devotional: The struggle between our spirit and flesh is a common Christian experience. Paul vividly describes this internal conflict in Romans, reminding us that even the most devout believers face this battle. However, we're not left without hope. Galatians points us to the solution: walking by the Spirit.

Today, consider areas where you feel the pull of your flesh. How can you invite the Holy Spirit to empower you in these struggles? Remember, God's grace is sufficient, and His power is made perfect in our weakness. Pray for the fruit of the Spirit to be evident in your life, especially in areas where you feel most vulnerable.

Day 3: Transformative Power of God's Truth Reading: John 8:31-32, 2 Tim 3:16-17

Devotional: Jesus declared that knowing the truth would set us free. This truth is found in God's Word, which has the power to transform our lives. The religious leaders in Jesus' time knew the Scriptures, yet missed the Truth standing before them.

Today, examine your approach to God's Word. Are you merely accumulating knowledge, or are you allowing it to change your heart and actions? Consider how you can more fully integrate Scripture into your daily life, not just as information, but as transformative truth. Ask God to open your eyes to see Him more clearly through His Word.

Day 4: Walking in Humility**Reading: Phil 2:3-11, 1 Pet 5:5-7**

Devotional: Peter's denial of Jesus serves as a poignant reminder of our human frailty and the danger of overconfidence. Yet, through this failure, Peter learned the value of humility and dependence on God's grace. Philippians 2 presents Christ as the ultimate example of humility.

Today, reflect on areas in your life where pride might be hindering your spiritual growth or relationships. How can you cultivate a more Christ-like humility? Remember, God opposes the proud but gives grace to the humble. Pray for a humble heart that's open to God's leading and correction.

Day 5: Hope in the Midst of Suffering Reading: Rom 8:18-39, 1 Pet 1:3-9

Devotional: Jesus' journey to the cross reminds us that suffering is often part of God's redemptive plan. While we may not understand why we face certain trials, we can trust in God's sovereign love. Romans 8 assures us that nothing can separate us from God's love, and Peter reminds us that our faith, tested by fire, results in praise, glory, and honor.

Today, consider any sufferings or trials you're facing. How might God be using these to refine your faith and draw you closer to Him? Take heart in the promise that our present sufferings are not worth comparing with the glory that will be revealed in us. Pray for strength to endure, eyes to see God's work in your struggles, and a heart filled with the hope of glory.

Small Group Guide

Matthew 26:31-75

A Cup for One

Opening Prayer: Pray that God would open your hearts to desire to watch and pray.

Opening Question: Have you ever found yourself failing to live up to your own expectations or promises in your faith journey? Share briefly with the group.

Key Takeaways: Query the group for takeaways first...you may stay with one or more of those.

1. Resolve alone is not enough to prevent us from stumbling in our faith.
2. Prayer is essential for spiritual strength and overcoming temptation.
3. Jesus faced His destiny with purpose, compassion, grace, and mercy.
4. Knowledge of God is not sufficient; we must know Him in our souls through faith.

Discussion Questions: Did the Holy Spirit prompt any questions with you? Start with those.

1. What does Jesus' warning to His disciples in Matthew 26:31-35 teach us about human nature and our need for God's grace?
2. The sermon emphasizes the importance of prayer. How can we make prayer a more central part of our daily lives? What obstacles do we face?
3. Discuss the contrast between Jesus' response to His impending crucifixion and the disciples' reactions. What can we learn from this?
4. How does Peter's denial and subsequent repentance demonstrate the difference between the lost and the saved?
5. The sermon mentions that knowledge of God is not enough. How can we move beyond head knowledge to truly knowing God in our souls?
6. What does Jesus' lonely journey to the cross reveal about His love for us and His commitment to fulfilling God's plan?

Practical Applications: Query the group for applications first...you may explore one or more of those.

1. Implement a daily prayer practice this week, focusing on aligning your will with God's and seeking His strength.
2. Identify an area in your life where you tend to rely on your own resolve rather than God's strength. Share with a partner and pray for each other.
3. Reflect on times when you've "slept" spiritually instead of watching and praying. Write down steps you can take to be more vigilant in your faith.
4. Practice humility by acknowledging your weaknesses to God and asking for His help in overcoming them.
5. Reach out to someone who may be struggling with guilt or shame, and share the hope of God's forgiveness and restoration.

Closing Prayer: Thank God for His unfailing love and the gift of Jesus Christ. Ask for His help in deepening your faith, strengthening your prayer life, and living out the truths discussed in this session.

Discussion Questions

Matthew 26:31-75

A Cup for One

1. How might our own resolve and good intentions, like those of the disciples, fall short in moments of spiritual testing? What practices can we cultivate to strengthen our faith beyond mere willpower?
2. In what ways do we sometimes 'sleep' spiritually when we should be watching and praying? How can we become more vigilant in our spiritual lives?
3. How does Jesus' example of inviting his closest disciples to share in his moment of distress inform how we should approach suffering and community in the church?
4. What can we learn from the religious leaders' failure to recognize Jesus, despite their knowledge of scripture? How might we guard against similar spiritual blindness?
5. How does Peter's denial and subsequent repentance illustrate the journey from failure to restoration in our own spiritual lives? What hope does this offer us?
6. In what ways might we, like Judas, be tempted to betray our spiritual convictions for worldly gain or comfort? How can we resist such temptations?
7. How does Jesus' lonely journey to the cross challenge our understanding of sacrifice and obedience to God's will? What might this mean for our own lives?
8. What insights can we gain from Jesus' emphasis on prayer in the Garden of Gethsemane? How might this shape our own prayer lives?
9. How does the contrast between the religious leaders' actions and Jesus' response reveal the nature of true spiritual authority? What implications does this have for leadership in the church?
10. In what ways might we, like Peter, sometimes rely on our own strength or methods rather than God's ways? How can we better align our actions with God's purposes?

Dinner Conversation Starters

Matthew 26:31-75

A Cup for One

1. The Value of Prayer

The sermon highlighted the importance of prayer in Jesus' life, especially during His time of distress. How can we make prayer a more central part of our family's daily routine, and what specific benefits do we think it brings to our lives individually and as a group?

2. Understanding Betrayal

Judas' betrayal of Jesus is a significant topic in the sermon. Have you ever experienced a situation where you felt betrayed, or have you inadvertently betrayed someone's trust? How did you handle it, and what did you learn from the experience?

3. Facing Temptation

The disciples were warned about the dangers of temptation and the need to watch and pray. What are some temptations or challenges we feel in our everyday lives, and how can we support each other in overcoming them?

4. The Concept of Resolve

The sermon discusses how resolve alone is not enough to remain steadfast in faith. What are some areas where we feel strong resolve, and how do we make sure that resolve is supported by actions that align with our faith and values?

5. Reacting to Personal Weakness

Peter's denial of Jesus and subsequent repentance is a powerful story. Can we think of a time when we've had to confront our weaknesses or mistakes? How did it feel, and what steps did we take to seek forgiveness or make things right?

Family Conversation Guide for Children & Early Teens

Matthew 26:31-75

A Cup for One

AGES 5-7: SIMPLIFYING THE MESSAGE APPLICATION POINTS

1. **Understanding Right and Wrong**: Just like Peter made a mistake, we all make mistakes sometimes. It's important to learn what is right and try our best to do it.

Discussion Question: What is something you can do to make it better if you hurt someone's feelings at home, school, or church?

2. **Importance of Prayer**: Praying is talking to God, just like Jesus talked to God. We can pray when we are happy, sad, or need help.

Discussion Question: When is a good time for us to pray together as a family, and what should we remember to talk to God about?

3. **Courage to Stand Up**: Sometimes we need to be brave like Jesus when He faced hard things. We should be honest and kind but still stand up for truth, the same way Jesus did.

Discussion Question: Can you think of a time when you were scared to do something right? What happened, and how did you feel afterward?

AGES 8-12: BUILDING UNDERSTANDING APPLICATION POINTS

1. **Handling Peer Pressure**: Just like the disciples faced pressure, sometimes our friends might push us to do things we know aren't right.

Discussion Question: How can we handle it if a friend tries to get us to do something we know we shouldn't?

2. **Power of Forgiveness**: Peter was forgiven by Jesus even after he made a mistake. It's important to forgive others and ourselves. And we can because Jesus first forgave us!

Discussion Question: Why is it sometimes hard to forgive, and how does it feel when someone forgives you after you've made a mistake?

AGES 11-15: DEEPENING THE CONNECTION APPLICATION POINTS

1. **Recognizing and Resisting Temptation**: Just as the disciples were warned about temptation, we need tools to recognize and resist pressures to do wrong in our daily lives.

Discussion Question: What are some common temptations you face in school, your friend groups or online, and what are some strategies you can use to make good decisions?

2. **Praying for Guidance**: Prayer is a powerful tool for gaining strength and wisdom, similar to how Jesus prayed before being arrested.

Discussion Question: How can praying to God help when you feel unsure about how to handle a situation at school or with friends? Can you think of a time when it might have helped?

Tips for Parents

- Be patient and listen: Give your child time to think and respond.
- Relate to everyday life: Use real-life examples and stories familiar to your child to make abstract concepts more tangible.
- Encourage questions: Let your son or daughter know it's okay to ask questions, even if things don't make sense right away.
- Share personal insights: Tell a personal story about a time you experienced these themes, adapting as needed for age appropriateness.

Family Conversation Guide for GenZ

Matthew 26:31-75

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1. Group Identity and Peer Influence

Application: In group settings, staying true to your faith can be challenging. Just as Peter struggled with denial, stand firm in your beliefs. James 1:5 encourages seeking wisdom from God, who gives generously.

Scenario: When your friend group wants to do something that goes against your faith, remember that God offers guidance and strength. Pray for wisdom and stand firm in what you know is right.

Discussion Question: How can you lean on God through prayer and scripture reading to navigate peer pressure in your social circles?

2. Authenticity in Relationships

Application: Relationships thrive on authenticity and truthfulness. Ephesians 4:25 reminds us to speak truthfully to our neighbors. Like Jesus, who embodied truth in His interactions, be genuine in your relationships.

Scenario: If you find yourself tempted to pretend to be someone you're not in order to fit in, remember that authentic relationships are built on truth. Pray for courage to be yourself.

Discussion Question: How can embracing authenticity in relationships lead to deeper connections?

3. Digital Communication and Influence

Application: The digital world can distort reality and truth. Colossians 4:6 advises letting your conversation be full of grace, seasoned with salt. Like Jesus, who spoke with grace and truth, ensure your online interactions reflect your faith.

Scenario: When engaging on social media, consider whether your posts and comments reflect grace and truth. Instead of contributing to negativity, use your platform to encourage and uplift.

Discussion Question: In what ways can you use social media positively to reflect the values of truth and grace?

4. Facing Mistakes and Seeking Forgiveness

Application: Everyone makes mistakes, like Peter did when he denied Jesus. 1 John 1:9 assures us of forgiveness if we confess our sins. Embrace vulnerability and seek forgiveness when needed.

Scenario: When you realize you've hurt a friend, take responsibility and ask for their forgiveness. Seek God's forgiveness too and learn from the experience.

Discussion Question: How can acknowledging your mistakes and seeking forgiveness strengthen your character and relationships?

5. Persevering Through Challenges

Application: In times of difficulty, like Jesus in Gethsemane, turn to God in prayer for strength and guidance. Philippians 4:6-7 encourages bringing everything to God in prayer.

Scenario: When overwhelmed by school pressure or personal issues, prioritize time for prayer and reflection on God's goodness, remembering that God's peace will guard your heart.

Discussion Question: How can praying to Jesus and following biblical principles provide peace and direction in challenging times?

These points aim to empower Gen Z to live out their faith genuinely and courageously in various aspects of their daily lives, reflecting Biblical integrity, compassion, and steadfastness.