

LIFE GROUP GUIDE – Week Beginning Sunday 27th September 2026

KEY SCRIPTURES – Mark 14:32-42

This Week's BIG IDEA

As a complement to last week's focus on authentic worship, this week we look at the theme of authentic prayer. The fly on the wall record we have of Jesus earnestly praying in the Garden of Gethsemane is the example we're looking to learn from. While we don't have the full transcript, we have enough to know that for Jesus, prayer was about Relationship, Emotional honesty, Asking and Listening, spelling **REAL**.

Started Questions

- What's the first thing that comes to your mind when I say the word "prayer"?
- What is the most recent answer to prayer that you can remember receiving, if any?
- Looking back over your life, when did you pray for something really earnestly, and what was it for?

Getting into Scripture

Read Mark 14:32-42

There are more questions here than you need, so feel free to pick and choose what's helpful:

1. Why do you think Jesus felt so distressed, troubled and overwhelmed at this point?
2. Why did Jesus take these three disciples with him, ask them to watch and pray, and then go a bit further before praying himself?
3. If Jesus had asked you to pray with him at this moment, what would you have prayed, and which Old Testament passage or Psalm might have helped you?
4. How do we reconcile the grace opportunity that prayer is with the demands of everyday life and our need for rest and sleep?
5. To what extent do you find it easy to relate to God as your Abba/Father?
6. Why do you think Jesus singled out Peter in verses 37-38, and what aspect of the Lord's Prayer does this illustrate?
7. What do you think had changed in Jesus by the time he says "Enough! Rise! Let's go!" in verses 41-42, and why?
8. What's one of the most dramatic ways you've "heard" God's voice, and how do you tend to discern his voice when you're praying?

Worship & Prayer

Consider asking someone to kickstart this time with a song or Psalm to help people focus on God, then spend time praying for one another. Pray specifically for anyone who is particularly praying in earnest for something at the moment. Remind the group to listen to the Holy Spirit and eagerly desire the prophetic gifts as you pray for them.

Encourage people to share prayer requests with each other between meetings, e.g. on the Life Group's WhatsApp group, if you have one, or by opening up to one or two people in the group.