

in die skadu van

G E T S E M A N E

GROEPSRIGLYNE

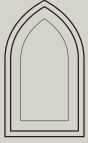




Inleiding

Met hierdie Lent-reis spandeer ons 40 dae in Getsemane – daar in die tuin waar Jesus angsbevange by Sy Vader pleit. Ons let op Sy broosheid, Sy openheid en Sy moed om eerlik te wroeg met Sy menslikheid.

As groep word julle genooi om saam met Jesus te verken hoe Hy in gesprek met God tree, watter rol Sy eie inspanning speel, wat dit beteken om te waak en hoe ons Sy voorbeeld kan volg in tye van versoeking.



Indien dit vir julle as groep moontlik is om 'n AsWoensdag diens by te woon is julle welkom om aanlyn of in-persoon dit mee te maak.

Gebruik daarna gerus die volgende vir bespreking.

Check-in:

- Waar is ek nou? (Met watter ingesteldheid of gevoelens daag ek vandag/vanaand op)
- Waarvoor is ek dankbaar?

Skrifgedeelte:

Stof is jy, en jy sal weer stof word – Genesis 3:19 (Afr83)

Vier nadenke:

Vir die volgende 40 dae onderneem ons 'n reis. Op hierdie reis is ons genooi om spesifiek tyd uit te kerf en toe te laat dat ons verbeelding aangegryp word deur Jesus se lyding op aarde. Ons dink ons in dat ons daar is, waar Hy was, en ons vra die Heilige Gees om ons harte opnuut aan te raak en ons sodoende nader kan beweeg aan die lydende Jesus. Ons vra vir die genade om saam met Hom te huil soos wat ons reis na die kruis toe.

Vroeg in die kerk se geskiedenis het Christene die 40 dae voor Paassondag gebruik om hulle geestelik voor te berei vir die herdenking van die groot gebeure van Jesus se kruisiging en opstanding. Tradisioneel is dit 'n tyd van opoffering, om iets van Jesus se swaarkry aan ons eie lyf te voel. Baie Christene weerhou hulle in hierdie voorbereidingstyd van sekere dinge, soos vleis, suiker of sosiale media, as simbool van opoffering.

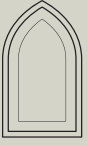
Die eerste dag van Lent word As-Woensdag genoem. Op hierdie dag – aan die begin van ons 40 dae voorbereiding vir Paasnaweek – dink ons aan ons eie verganklikheid.



In baie kerke is dit die gebruik om op As-Woensdag `n kol of kruisie met as op jou voorkop te ontvang. Die as word gewoonlik gemaak van die palmtakke van die vorige jaar se Palmsondag. Dus, van “Hosanna!” (palmtakke) na “Kruisig Hom!”

Vrae vir verdere bespreking:

- Hoe is dit vir jou om bewus te word van jou verganklikheid?
- Vertel vir mekaar van jou herinneringe van vorige Lent reise (indien jy al voorheen op so 'n 40-dae reis gegaan het). Hoe was dit vir jou? Wat het jy ervaar? Wat het jy geleer wat jy nou saam met jou vat?
- Wat het jy nodig om in plek te stel om op hierdie Lent reis te gaan?
- Deel gerus met mekaar waarvoor hulle vir jou kan bid in hierdie tyd.



Check-in:

- Waar is ek nou? (Met watter ingesteldheid of gevoelens daag ek vandag/vanaand op)
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- My woord of sin vir my Lent-reis van die laaste week is...

Skrifgedeelte:

Lukas 22: 39-46

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Vier nadenke:

Jesus het gewoontes gehad- dinge wat Hy by herhaling gedoen het. Dit was vasgelegde patrone van gedrag. Ons het ook gewoontes, want daar is ook dinge wat ons by herhaling doen. Dit is belangrik om bewus te wees van die dinge wat ons uit gewoonte doen, want dit vorm ons. Ons word dit wat ons herhaaldelik doen.

Wat is van die gewoontes in jou lewe? Waarna word jy nou genooi?

Jesus het die gewoonte gehad om eenkant te kom en Homself af te sonder. Hy nooi Sy volgelinge om dieselfde te doen. Hy weet dat hulle dit nodig het, en daar is geen twyfel by Hom dat hulle dit sal kan doen nie. Soos wat ons Sy voorbeeld volg kan ons oefen om eenkant te kom, spasie te maak in onself waar ons kan stil wees saam met Hom en kan oorgee aan Hom.

Vir verdere bespreking

- Lees gerus hierdie gedig en gesels dan saam: Watter gedagtes of gevoelens kom by jou op soos wat jy die gedig lees?

sow a thought

reap an action

sow an act

reap a habit

sow a habit

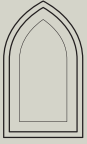
reap a character

sow a character

reap a destiny

– Ralph Waldo Emerson

- Watter gewoontes is tans vir jou lewegewend?
- Watter gewoonte sal jy wil inbou in jou lewe?
- Hoe beleef jy afsondering? Wat is van die uitdagings wat afsondering vir jou moeilik maak? Wat kan help om hierdie uitdagings te oorkom?
- Waarvoor kan die groep nou vir jou bid?



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Vier nadenke:

Jesus gebruik die metafoer van die beker. Die metafoer is dat die lewe soos 'n beker is wat aan jou gegee is. Daardie beker is gevul en moet gedrink word.

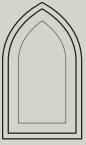
Hierdie week reis ons met die Jesus wat kyk na die beker van sy eie lewe. Hy neem daardie beker van sy lewe en Hy drink dit. Hy nooi ons om Hom te volg en saam met Hom te kyk na die beker, dit te neem en te drink- nie net Sy beker nie, maar ook die beker van ons eie lewe.

Die beker wat Jesus moes drink is baie dinge. Dit oorlewing tot die donkerste plek van die menslike bestaan: verwerping, eensaamheid, vernedering en hulpeloosheid. Dit is swaarkry en dood... maar Sy reis is nie sonder hoop nie. Hoe stap Hy hierdie pad? Hy gee oor aan Sy Vader. Hy vergewe. Hy kies liefde.

Daar is baie tye in ons lewe wat ons ook op donker, moeilike plekke kom. Ons kan in Jesus se lewe, 'n manier kry om ook in sulke tye en plekke, Hom te volg. Ons kan ook oorgee en vertrou. Oorgawe, selfs 'n klein oorgawe – soos 'n eerlike gesprek met Hom - is 'n keuse om te groei in ons liefde vir die Here. Dit is nie iets wat ons op ons eie doen nie. Dit is samewerking met die krag van die Here.

Vrae vir verdere bespreking:

- Wat val jou op as jy dink aan die metafoer van die beker wat Jesus hier gebruik?
- Dink aan die beker van jou eie lewe- is daar iets van dit wat jy nou moet neem en drink, wat jy met die groep wil deel?
- Hoe help Jesus se reis met die beker wat Hy moet drink, ons met ons reis met ons bekere?
- Waarvoor kan die groep nou vir jou bid?



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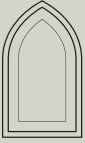
Om Jesus te wil volg in gebed moet ek eers glo dat dit moontlik is, en die moeite werd is. Die dissipels het so gedink. Hulle vra Hom: "Here leer ons bid..." (Luk 11:1). Hulle het Hom sien bid en die effek van gebed op Sy lewe gesien en gedink dit is moontlik vir hulle om dit ook te doen - daarom vra hulle Hom.

Gebed is konneksie, kommunikasie, verhoudingsoordrag. Dis om te vertel en dis om te vra. Dit vra inspanning maar kan ook rus beteken. Dit is 'n gesprek met Jesus jou vriend. As jy iets daarvan ervaar word die woord "gebed" 'n wonderlike woord. Dit beteken nie meer skuldgevoelens, 'n las of verpligting nie. Dit beteken lewe.

Jesus nooi die wat Hom volg uit om 'n plek te kry waar hulle kan afsonder en bid (Mrk 6:31). Gebed is dus nie 'n gawe wat net sommiges het nie. Gebed is iets wat ons moet leer doen soos wat die dissipels by Jesus geleer doen het.

Vir verdere bespreking:

- Watter metafoer of prentjie of woord sal jy gebruik om te verduidelik hoe jy tans gebed beleef?
- Hoe verskil jou huidige ervaring van gebed van vroeër in jou lewe?
- Wat leer jy nou van gebed?
- Waarvoor kan die groep nou vir jou bid?



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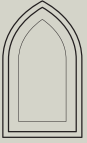
In moeilike tye kom ons dikwels, soos die dissipels, by die punt van totale uitputting. Moeg gedink, moeg gehuil, moeg gesukkel. As ons maar net kon slaap en onttrek van al die gedagtes, vrae, druk van die samelewing en situasies wat ons in die gesig moet staar! Wat gaan gebeur? Wat moet ek doen? Maak ek 'n verskil? Is ek goed genoeg? Gaan dinge uitwerk? Wanneer is hierdie lyding verby?

Voordat Jesus die dissipels alleen los, sê Hy vir hulle: "Bid dat julle nie in versoeking kom nie". Van watter tipe versoeking sou Jesus gepraat het? lewers tussen Jesus se weggaan en terugkom, het die dissipels beweeg van gebed na slaap. Was die versoeking dalk om van alles te onttrek, oor te gee aan die uitputting, en te slaap? Of is dit dalk dat Jesus weet dat wanneer 'n mens uitgeput is, 'n mens meer kwesbaar is vir versoeking?

Jesus weet hoekom Sy dissipels slaap maar nogsteeds vra Hy hulle... waarom? Dis so asof Hy by hulle/ons wil hoor wat gebeur, wat beleef jy, wat gaan binne jou aan? Maar saam met dit ook die uitnodiging om wakker te word vir dit wat gebeur. Hy tree in gesprek met ons en help ons dan sien wat in ons aangaan. Ons wil dikwels ons lewe en besluite in ons eie hande vat en dan nou en dan net die Here raadpleeg as ons bietjie vashaak... die uitnodiging is juis om ons lewe in Sy hande te plaas sodat ons binne Sy lewe, ons lewe kan ontdek. Paulus sê... ek het my lewe afgelê om die lewe saam Christus op te tel.

Vier verdere bespreking:

1. Gesels saam oor hoe bewuswording, erkenning, eerlikheid en oorgawe help om dieper in verhouding met Jesus te groei ook in tye van versoeking.
2. Watter algemene faktore dra by dat ons meer kwesbaar is vir versoeking?
3. Wat kan ons help om God ook in hierdie kwesbaarheid raak te sien?
4. Watter oefening of praktyk help jou om met 'n groter bewussyn van wat in jou aangaan, te lewe?
5. Waarvoor kan die groep nou vir jou bid?



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Skrifgedeelte:

Mattheus 26: 36-45

TOE kom Jesus met hulle in 'n plek met die naam van Getsémané, en Hy sê vir die dissipels: Sit hier onderwyl Ek daar gaan bid. En Hy neem Petrus en die twee seuns van Sebedéüs saam en begin bedroef en benoud word. Toe sê Hy vir hulle: My siel is diep bedroef tot die dood toe; bly hier en waak saam met My. En Hy het 'n bietjie verder gegaan en op sy aangesig geval en gebid en gesê: My Vader, as dit moontlik is, laat hierdie beker by My verbygaan; nogtans nie soos Ek wil nie, maar soos U wil. En Hy kom by die dissipels en vind hulle aan die slaap, en Hy sê vir Petrus: So was julle dan nie in staat om een uur saam met My te waak nie? Waak en bid, dat julle nie in versoeking kom nie. Die gees is wel gewillig, maar die vlees is swak. Weer het Hy vir die tweede maal gaan bid en gesê: My Vader, as hierdie beker nie by My kan verbygaan sonder dat Ek dit drink nie, laat u wil geskied. Toe kom Hy en vind hulle weer aan die slaap, want hulle oë was swaar. En Hy het hulle met rus gelaat en weer vir die derde maal gaan bid en dieselfde woorde gesê. Daarop kom Hy by sy dissipels en sê vir hulle: Slaap maar voort en rus. Kyk, die uur is naby, en die Seun van die mens word oorgelewer in die hande van sondaars.

Vier nadenke:

Jesus maak Sy slapende volgeling wakker. Kry vir 'n paar oomblikke die beeld in jou gedagtes en sit daarmee. Let op die sinspeling tussen slaap en 'n innerlike toestand van onbewustheid. Paulus eggo die opdrag as hy vir Christene sê dat hulle moet ontwaak, en opstaan (Ef 5:14). Hulle is fisies wakker, hulle lees immers Sy woorde, maar is totaal onbewus van groter, onsigbare werklikhede wat bestaan en van die Vader se aktiwiteit en dit wat besig is om te gebeur. Die dissipels saam met Jesus was nie bewus van alles wat besig was om te gebeur of hoe groot en belangrik die oomblik was nie.

Jesus wil Sy volgelinge wakker maak, bewus maak van wat werklik aan die gang is. Hy sê vir hulle: “Waak en bid.”

Om te waak beteken om wakker, opmerkzaam, bewus te wees. Wat beteken dit vir ons om waaksaam te wees? Om waaksaam te lewe is om met ‘n skerp, breë bewussyn te leef. My lewe word groot, sinvol en vul my met dankbaarheid en verwondering. Ek word na ‘n plek geneem waar ek ‘n diep begeerte kry om soos Hy te lewe maar ek besef ek sal dit nie self kan regkry nie... Hy sal my moet help. Ek begin oplet wat werklik aan die gang is soos Hy my insig gee en my ingesteldheid verskerp. Ek ontwaak tot Sy teenwoordigheid.

Vir verdere bespreking:

1. Waar was jy hierdie afgelope week bewus van die Here se teenwoordigheid in jou lewe?
2. Wat maak dit vir jou moeilik om ‘wakker’ te wees vir hoe God na jou toe kom?
3. In Romeine 13 in The Message vertaling staan daar:
“Make sure that you don’t get so absorbed and exhausted in taking care of all your day by day obligations that you doze off, oblivious to God. Be up and awake to what God is doing.”

Waarna voel jy uitgenooi as jy dit lees?

4. Waarvoor kan die groep nou vir jou bid?

in the shadow of
GETTISBURG

GROUP GUIDELINES

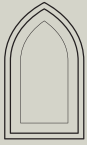




Introduction

During this Lent-journey, we will spend 40 days in Gethsemane – there in the garden where Jesus pleads anxiously with His Father. We note His vulnerability, His openness, and His courage to wrestle honestly with His humanity.

As group you are invited to explore with Jesus how He enters into conversation with God, what role his own effort plays, what it means to keep watch and how we can follow His example in times of temptation.



If it is possible for you as a group to attend an Ash Wednesday service, you are welcome to attend online or in-person. Feel free to use the following for discussion afterwards.

Check-in:

- Where am I now? (With what mindset or emotions am I coming to today's/tonight's meeting)
- What am I grateful for?

Scripture:

“For you were made from dust, and to dust you will return.”
– Gen. 3:19 (NLT)

For reflection:

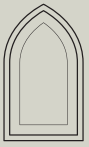
The next 40 days we will embark on a journey. On this journey we are invited to set aside a specific time and to allow our imagination to be captured by Jesus' suffering here on earth. We imagine ourselves being there, where He was, and we ask the Holy Spirit to touch our hearts anew. In this way move closer to the suffering Jesus. We ask for grace to cry with Him as we journey to the cross.

Early in the history of the church, Christians used the 40 days before Easter Sunday to prepare them spiritually for the remembrance of the big events of Jesus' crucifixion and resurrection. Traditionally it's a time of sacrifice, to feel something of Jesus' suffering for ourselves. A lot of Christians give up something during this time of preparation, like meat, sugar or social media, as a symbol of sacrifice.

The first day of Lent is called Ash Wednesday. On this day – at the beginning of our 40 days of preparation for Easter – we think about our own mortality. It is tradition in many churches to receive a mark of ash on your forehead on Ash Wednesday. The ash is usually made from the palm fronds of the previous year's Palm Sunday. So, from “Hosanna!” (palm fronds) to “Crucify Him!”

Questions for further discussion:

- What is it like for you to become aware of your mortality?
- Share your memories of previous Lent journeys. What was it like for you? What did you experience? What have you learned that you take with you now?
- What do you need to put in place to go on this Lent journey now?
- What can the group pray for you?



Check-in:

- Where am I now? (With what mindset or emotions am I coming to today's/ tonight's meeting)
- What am I grateful for?
- My word or phrase for my Lent journey of the past week is...

Scripture:

Luke 22: 39-46

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

For reflection:

Jesus had habits - things He did repeatedly. These were established patterns of behavior. We also have habits, because there are also things we do over and over again. It is important to be aware of the things we do habitually because they shape us. We become what we repeatedly do.

What are some of the habits in your life? What are you invited to now?

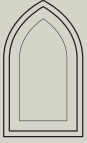
Jesus had a habit of withdrawing into solitude. He invites His followers to do the same. He knows that they need it, and there is no doubt in His mind that they will be able to do it. As we follow His example, we can practice getting aside, making space in ourselves where we can be quiet with Him and surrender to Him.

Questions for further discussion:

Read this poem and then discuss: What thoughts or feelings do you experience as you read the poem?

sow a thought
 reap an action
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 reap a habit
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sow a character
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– Ralph Waldo Emerson

- What habits are currently giving you life?
- What habit would you like to build into your life?
- What is your experience of solitude? What are some of the challenges that make solitude difficult for you? What can help overcome these challenges?
- What can the group pray for you now?



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For reflection:

Jesus uses the metaphor of the cup. The metaphor illustrates that life is like a cup given to you. That cup is full and needs to be drunk.

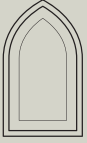
This week we journey with the Jesus who looks at the cup of his own life. He takes that cup of his life and He drinks it. He invites us to follow Him and look with Him at the cup and take it and drink it- not only His cup, but also the cup of our own life.

The cup that Jesus had to drink is many things. It conveys the darkest place of human existence: rejection, loneliness, humiliation and helplessness. It is hardship and death... but His journey is not without hope. How does He take on this path? He surrenders to His Father. He forgives. He chooses love.

There are many times in our lives when we also come to dark, difficult places. In Jesus' life, we can find a way to follow him in these times and places as well. We can also surrender and trust. Surrender, even a small surrender - like an honest conversation with Him - is a choice to grow in our love for the Lord. This is not something we do on our own. We can only do this through the power of the Lord working through us.

Questions for further discussion:

- What strikes you when you think of the metaphor of the cup, that Jesus uses here?
- Think about the cup of your own life - is there something from it that you have to take and drink now, that you want to share with the group?
- How does Jesus' journey with the cup that He has to drink, help us with our journey with our cups?
- What can the group pray for you now?



Check-in:

- Where am I now? (With what mindset or emotions am I coming to today's/ tonight's meeting)
- What am I grateful for?
- My word or phrase for my Lent journey of the past week is...

Scripture:

Luke 22: 39-46

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

For reflection:

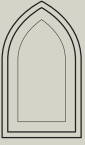
To want to follow Jesus in prayer I must first believe that it is possible, and worth the effort. The disciples thought so. They ask Him: "Lord, teach us to pray..." (Luke 11:1). They saw Him pray and saw the effect of prayer on His life and thought it was possible for them to do it too - that's why they asked Him.

Prayer is connection, communication and relational interaction. It's to share your life and it's to ask for the gifts of grace you need. It requires effort but can also mean rest. This is a conversation with Jesus your friend. If you experience prayer in this way, the word "prayer" becomes a wonderful word. This means no more feelings of guilt and it's not a burden or obligation. It means life. Jesus invites those who follow Him to find a place where they can set themselves apart and pray (Mk 6:31).

Prayer is therefore not a gift that only some have. Prayer is something we must learn to do as the disciples learned to do from Jesus.

Questions for further discussion:

- What metaphor or picture or word would you use to explain how you currently feel about and experience prayer?
- How is your current experience of prayer different from earlier in your life?
- What are you learning about prayer now?
- What can the group pray for you now?



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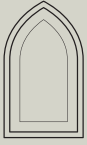
For reflection:

In difficult times we often, like the disciples, reach the point of total exhaustion. Tired of thinking, tired of crying, tired of struggling... If only we could sleep and withdraw from all the thoughts, questions, pressures of society and situations we have to face! What is going to happen? What should I do? Do I make a difference? Am I good enough? Will things work out? When will this suffering end?

Before Jesus leaves the disciples alone, He says to them: "Pray that you will not fall into temptation". What type of temptation would Jesus be talking about? Somewhere between Jesus' departure and return, the disciples moved from prayer to sleep. Was the temptation perhaps to withdraw from everything, surrender to exhaustion, and sleep? Or is it perhaps that Jesus knows that when one is exhausted, one is more vulnerable to temptation?

Jesus knows why His disciples fell asleep, but He still asks them... why? It's as if He wants to hear from them/us, 'what is happening, what are you experiencing, what is going on inside you?', but with it also invites them/us to wake up to what is happening. He enters into conversation with us and then helps us see what is going on inside us.

We often want to take our life and decisions into our own hands and then only now and then consult the Lord if we get a little stuck. The invitation, however, is to place our life in His hands so that we can discover our life within His life. Paul says, 'I laid down my life to gain life with Christ'.



Check-in:

- Where am I now? (With what mindset or emotions am I coming to today's/ tonight's meeting)
- What am I grateful for?
- My word or phrase for my Lent journey of the past week is...

Scripture:

Matthew 26: 36-45

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing.

Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners.

For reflection:

Jesus awakens His sleeping followers. Imagine the scene in your mind for a few moments and sit with it. Note the links between sleep and an inner state of unconsciousness.

Paul echoes what Jesus does when he tells Christians to wake up. (Eph 5:14). They are physically awake, after all, they read His words, but they are totally unaware of larger, invisible realities that exist and of the Father's activity and what is happening. The disciples with Jesus were not aware of everything that was happening or how big and important the moment was.

Jesus wants to wake up His followers, to make them aware of what is really going on. He tells them: "Watch and pray."

To watch means to be alert, attentive, aware. What does it mean for us to be vigilant? To live vigilantly is to live with a sharp, broad consciousness. My life becomes big, meaningful and fills me with gratitude and wonder. I am taken to a place where I have a deep desire to live like Him but I realize that I will not be able to do it myself... He will have to help me. I begin to notice what is really going on as He gives me insight and sharpens my mindset. I awaken to His presence.

For further discussion:

1. Where were you aware of the Lord's presence in your life this past week?
2. What makes it difficult for you to be 'awake' to how God comes to you in your life?
3. In Romans 13 in The Message translation it says:

"Make sure that you don't get so absorbed and exhausted in taking care of all your day by day obligations that you doze off, oblivious to God. Be up and awake to what God is doing."

What do you feel invited to when you read this?

4. What can the group pray for you now?



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