

Corrie Ten Boom asked, "Is prayer your spare tire of your steering wheel?"

At the beginning of his sermon, Jamie said in the madness of Jesus' final hours, He stopped for timeout, a time to pray in the Garden of Gethsemane. This timeout, this time of prayer prepared Him for His greatest challenge. Have you ever taken a timeout? Why or why not?

This isn't the kind of timeout for your kids, but a timeout in the sense of a break, a breath, a time to refocus and pray/listen to God. Discuss why it might benefit us to follow this act of Jesus.

From this timeout, Jesus got the strength He needed to endure the cross. Do you think we can receive strength just like Jesus did if we pray and spend time alone with God? Have you ever poured out your heart to God and felt like He gave you the peace and security you needed? Discuss, then read **Matthew 26:39**. Jamie said, *"The Bible doesn't favor one position over another for prayer. Sometimes people kneel, sometimes they lay down, sometimes they pray standing up. But Jesus throws Himself on the ground and prays."* Do you kneel or get in an uncomfortable position praying? Some people have a hard time and get distracted while praying. What are some ways to prevent this and better focus? List three ways.

Jamie mentioned one result of prayer should be greater patience with people. If you're irritable all the time, always on edge, maybe it's a sign you're not spending enough time in prayer. How can you tell if you need more time with God and in prayer? Read **Philippians 4:6-7**. We are to love God, and love people. Why do people struggle with people? How can the fruits of the spirit help us love people? Which fruit do you find most difficult? Which one is the easiest? Explain.

Jamie said, *'I think God uses prayer more often, not to avoid bad times, but to strengthen us to endure it.'* Do you agree, or disagree? Look at **Luke 22:43** and **Matthew 26:53**. Daily prayer prepares us for effective emergency prayer, and prayer usually strengthens us more than it changes circumstances. How can prayer maybe not only strengthen you, but change the way you may think, and even respond to a situation?

Close by writing down three things you want to pray about. Then, go around the room to each person, everyone praying for the three things. Ask God to help you be patient, bearing the fruit of the spirit, and to follow Jesus' example of falling down in prayer, *daily*.