



Matthew 26:36-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.” 37 He took Peter and the two sons of Zebedee along **with him**, and he began to be sorrowful and troubled. 38 Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch **with me.**”

39 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.”

40 Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch **with me** for one hour?” he asked Peter...

42 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.”

43 When he came back, he again found them sleeping, because their eyes were heavy. 44 So he left them and went away once more and prayed the third time, saying the same thing.

45 Then he returned to the disciples and said to them, “Are you still sleeping and resting?”

Icebreaker

Where is the best place you ever went swimming?

Conversation Starters

1. What is one thing you took away or that stuck with you from Karla’s teaching?
2. Tell the group about a person who helps you with GRIT. What do they do, say or model that shares spiritual strength with you?

Read the Scripture above with your group.

3. What stands out to you from this story?
4. What helps you reach out to friends and family when you are low on spiritual strength?
5. Jesus demonstrates his humanity in the story. How do you see Jesus’ humanity?
6. Jesus is fully God in this story as well. How do you make sense of this in your heart and mind? Do you think we are able to understand “fully human” and “fully God”?