



FACT SHEET

GARDEN OF GETHSEMANE

Matthew 26:36

Read It:
Matthew 26:36

Talk It:
Have you ever just poured your heart out to God?

Know it:
Prayer is extremely important. Many times in the Bible we see Jesus taking time to pray. (Mark 1:35) The disciples saw this in Jesus and asked Him, "How should we pray?" The last time Jesus prayed was in the Garden of Gethsemane before He was arrested. We actually get to read the prayer because it is recorded in the Bible. Jesus pleaded with God, and we see His inward struggle with what was about to happen on the cross. Then we see Jesus submit to God's will and place God's will above His own physical desires. Next, we read about Jesus praying for the disciples and even for us. He prayed with such intensity that it says he sweat drops of blood.



God wants us to talk with Him in prayer too. How would you feel if you had a best friend that never talked to you? Or, how would it feel if all your best friend did was talk and never gave you a chance to respond? In our prayers, our conversations with God, we need to both talk and listen to what He has to say to us.

Go Do It:
Take five minutes each day and spend some time with God. Start by giving God praise and thanking Him for all that He does for you. Then pray for others. Finally, pray for yourself and your needs. Take time to read from the Bible. Throughout your prayer time, listen to what the Holy Spirit is stirring in your heart and saying through the Bible. You can learn to have special times of fellowship with God like Jesus had!