



## Session 4: Loving God Like Jesus Does

### Focus Prayer

Before you begin your reflection time, offer this prayer or the words of your own heart:

*God, give me ears to hear, eyes to see, and a heart to know your love through my time here today. Amen.*

### Core Theme

God – Jesus had an intimate, trusting relationship with God, his “Abba” (father) God, fostered through praying and turning again and again to God. We practice loving God by learning how God loves us and how God loves Jesus.

### Scripture: Matthew 26:36-44

Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here while I go over there and pray.” He took with him Peter and the two sons of Zebedee and began to be grieved and agitated. Then he said to them, “I am deeply grieved, even to death; remain here, and stay awake with me.” And going a little farther, he threw himself on the ground and prayed, “My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.” Then he came to the disciples and found them sleeping, and he said to Peter, “So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.” Again he went away for the second time and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” Again he came and found them sleeping, for their eyes were heavy. So leaving them again, he went away and prayed for the third time, saying the exact words. Then he came to the disciples and said to them, “Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand.”

In a journal, or with a partner, explore the following:

- In the passage from Matthew 26:36-44, what word or phrase did you notice about Jesus’ situation and his prayer? Why do you imagine this stood out to you?
- Consider the conversation from Matthew, but now between a child and parent. How do you imagine God responding to Jesus’ prayer?
- Have you ever felt such a moment with God? Write or ponder on that story.
- What makes it hard to have intimacy with God? What helps you form that close, vulnerable, authentic relationship with God?
- How have praying, worshipping, and turning to God made a difference in your life?

## Closing Prayer

Close your reflection time with prayer, either with these words or your own.

*I give thanks for the opportunity to meet God in prayer. Amen.*

## Additional Engagement Opportunities

- Practice Learn and Pray from the Way of Love between now and Session 5 by engaging in daily prayer and scripture reading. Find the readings for each day at <https://prayer.forwardmovement.org/daily-readings>. Many people do this in the morning but choose the time best for you.
- Reflect to yourself or in your journal: If you had a vulnerable conversation with God, what would you tell God? What might God say or do in response? Try it out.