

Growth Teams

Week Beginning
Sunday 8th March 2015

Growth Teams

Growth Teams are a wonderful opportunity to go deeper with other Christians. They are a great place to build real friendships and support networks, to pray for one another and to look more carefully at the topics we consider on a Sunday.

Over these few weeks we will be looking at Mark 14, the chapter that records the deep emotions and difficult relationships among Jesus and his disciples as Jesus prepares himself and his disciples for his imminent crucifixion.

Going deeper

The Psalms are a collection of songs. Most are written by David, but some like Psalm 42 are by other authors, who had a deep relationship with God. This Psalm focuses on the 'soul'. It expresses the soul's desire for God, but also challenges it when it is feeling low. It may be that Jesus has this Psalm in mind when he says, "My soul is overwhelmed with sorrow..." (Mark 14:34).

Read Psalm 42

4. Verses 1 and 2 describe our longing for God in terms of thirst. Can you remember a time when you felt really thirsty? How does that compare with your desire for God?
5. What phrases in the Psalm suggest that the writer is feeling depressed or distressed? Can you relate to any?
6. How does the Psalm describe God? How does this encourage us?
7. What does the Psalmist tell his soul to do?
8. How does this Psalm help us to pray when we are feeling low?

Now turn over and do 'Applying it to our lives'.



**Growing in Christ
to glorify God
and enjoy Him forever.**

An Anguished Prayer

Mark 14:32-42 (page 1021)

Space to take notes on the talk

Our _____

Your _____

Lead us _____

Starter question

- What stops you praying more?

Responding to the talk

1. What did you learn about prayer from this week's talk?
2. Read Mark 14:32-36
 - a. Why was Jesus so distressed?
 - b. What does Jesus call God and what does he say about Him?
 - c. How does this understanding of God and our relationship to him affect our prayers?
3. Read Mark 14:35-36
 - a. What does 'the hour' refer to? (cf. 14:41)
 - b. What does 'the cup' refer to? (cf. Ps. 75:8; Jer. 25:15-26; Mk. 10:35-40)
 - c. Why is it particularly amazing that Jesus prays, 'Yet not what I will, but what you will.'?
4. Read Mark 14:37-42
 - a. Why did Jesus want Peter, James and John to watch and pray?
 - b. Read Mark 10:38-39 and 14:31 and 14:50, 67-68. What great promises did these three make to Jesus?
 - c. What are the consequences of failing to watch and pray? (cf. Mark 13:35-37).

If there is time, you may like to do the 'Going deeper' questions over the page. Otherwise please just jump to questions 10 and 11.

Applying it to our lives

9. In what ways do people find it hard to say to God, 'Your will be done'?
10. How can we ensure that we make time to pray like Jesus?