

The United Parish of St. Laurence's, Church Stretton
with St. Michael's, All Stretton, and All Saints, Little Stretton
SMALL GROUP NOTES

“ Growing together in faith, hope and love; sharing the Good News of Jesus with all.”

AUTUMN 2009

No. 5

JESUS IN GETHSEMANE- Matthew 26.36-46

- Welcome/icebreaker** Can you think of a time or situation when you felt particularly helpless, vulnerable or alone? Was there anyone to help you?
- Worship** The Servant King, Jesus Christ, I think upon your sacrifice, How deep the Father's love, Safe in the shadow, I will offer up my life.
- Word (verses):**
- 36 What was the first thing Jesus did when he needed help?
- 37,38 Why do you think Jesus' suffering & agony were so intense?
Do you think he was tempted to run away?
- 40, 43 The disciples saw Jesus' distress but did nothing to help. How was it possible for them to fall asleep in these circumstances? What do you think you would have done?
- 39,42 What was the turning point in Jesus' dilemma and what do you think brought it about?
- What do we see portrayed most in these verses – Jesus' divinity or his humanity?
- Read Hebrews 4.14-16 How do you link this passage with Jesus' experience in the Garden of Gethsemane? Do you agree that Jesus was tempted in every way like us?
- Wind/prayer** Pray for a person or situation where there is pain, distress, or loneliness.
- Works/witness** Because of what Jesus has done let's make every effort this week to 'approach the throne of grace with confidence that we might receive mercy and find grace to help us in our time of need.' Hebrews 4.16