

ACCOMPANYING JESUS IN THE GARDEN OF GETHSEMANE

Written by Jenny Grassow, Brookings First UMC

"Watch and Pray with me"

Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace. Matt 6:6 The Message (MSG)

Prayer is setting aside time to be as consciously present as possible to God, ourselves and the moment.

Preparation for the prayer (to be done before the prayer starts)

Take a moment to consider where you would like to pray:

- Preferably a space on your own (ask your family to give you an hour to pray)
- A comfortable chair
- Find something that is a reminder that God has invited you to come and pray and God is already there waiting for you. Something like a table cloth, quilt, a flower, candle, scarf, carefully chosen stone, open/closed bible etc
Place this in your prayer space.
- Have a bible, notebook and pen available in the prayer space
- The time allocations are approximate. See what works for you.

Entering the garden with Jesus (10mins)

- Sit comfortably in your chair
- Take about 10 deep breaths, breathing out slowly. As you breath out consciously let go of any tension that may be in your body.
- Be quiet for a moment and relax
- Pray the following prayer (aloud if you would like to)

*God of the fire and God of the wind,
God of the silent sound,
when you speak to us,
you do so in ways we may not expect
but cannot ignore.
Allow us in this time of frantic noise
and eerie stillness
to listen again
to the wind and the earth,
to the gentle whisper of you
calling our name.
And may we hear in your voice
words of love and hope,
the good news of your presence with us
still.
Amen.*

(Corrymeela Community in Northern Ireland)

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Praying with Jesus in the garden (25mins)

Reading: **Matthew 26:36-41**

- Slowly read the above scripture passage.
- Now re-read it out aloud –it is helpful to hear what you are reading.
- Now read the passage with pen and notebook in hand. Jot down any word(s) or phrases that leap off the page at you.
- Read through the words/phrases that you have written down and see which one draws your attention the most.
- Find the verse that it comes from and spend a few moments quietly wondering about it.
- You might want to ask yourself:
 - Wonder why the Holy Spirit is drawing you to this word or phrase
 - What comes to mind when you think of this word or phrase?
 - Does this word/phrase make you feel uncomfortable about anything? Wonder why this is so?
 - Wonder: is there anything that comforts you about the word/phrase?
- What do you think God is saying to you?
- Take a moment to recognize what you are feeling.
- Express what you feel by drawing a simple stick figure that depicts your emotion (jumping, singing, crying, sleeping, smiling etc).

Walking in the garden with Jesus (15 mins)

Depending on your circumstances, you can either look out the window or you can take a short walk outside, or in your garden.

Find/see/discover something that gives your heart joy.

Imagine Jesus sitting at this spot enjoying it with you too.

Hear Jesus say to you "Watch and pray with me".

Offer a short prayer from your heart.

Leaving the garden (10 mins)

Go back inside and get yourself something to drink.

Go back to your prayer space and think about what was brought to your attention during this prayer time.

See if you can write it down in a short paragraph.

Say the Lord's Prayer and imagine Jesus saying it with you.

Conclusion

Thank you for sharing this hour with us.

If you are willing, you can participate in our prayer circle by sharing something from your day. Send Pastor Jen a text or email

(pastorjent@gmail.com)... You might send a sentence, a word or an image that can be shared with others. It will be anonymous, and the responses will be compiled to send out for all to reflect on and appreciate together.