

## ***Prayer: Face Down***

*Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee alone with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me. Going a little farther, **he fell with his face to the ground and prayed,** "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will. (Matthew 26:36-39)*

Have you ever fallen on your face in prayer? I'm not talking about a half-hearted kind of prayer where we might respectfully fold our hands or politely bow our heads. I'm talking about the kind of prayer where you're all out of options and you realize that you have no where else to turn but to God. We might call that a prayer of desperation.

I've been there a few times in my life. One of those happened part way through my six years (yes, 6) of undergraduate college when I was trying to figure out what to do with my life and career. When I finally got to a point where I couldn't figure it out for myself, I fell on my face in a prayer of surrender. I was in the middle of an airport, all out of options, when I finally decided that I should let God give His input. After all, He was the one who made me and gave me certain talents, abilities and personality. For too long, I had been trying to work my own plan instead of listening for the voice of God.

As he entered the Garden of Gethsemane, Jesus was faced with the knowledge that the end of his life was coming, and coming very soon. Probably a lot sooner than he wanted it to come. And the way his life would end would be absolutely brutal. Who would want to endure betrayal, beatings and crucifixion? And yet, in that moment, Jesus knew exactly what to do: He prayed. Now, it's not like Jesus hadn't prayed before. We find evidence of his close relationship with the Father all throughout the Gospels. But, this was a prayer unlike any of the others. It was a full-on prayer of surrender. It was the prayer where a fully-human Jesus said: "Not my will, but yours be done."

What is it that you need to surrender to God in prayer? Is there something you've been holding onto that might be better placed in God's hands? I invite you to pray. I mean really pray. Pray with your face to the ground. Be raw and honest with God. He's ready to hear your prayer and the deepest longings of your heart. Remember, you are His child, and with you He is will pleased.

Blessings,

*Pastor David*

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