



Dread

WARM UP

What's the furthest road trip you've taken?

SET IT UP

No one is exempt from hard days and unwanted circumstances. In Jesus' moment of greatest need and maybe of greatest weakness, Jesus spends time modeling what it means to cry out to God while trusting Him with the outcome. In our moments of dread, God can use our dread to shape a better destination, if we are willing to cooperate.

CHAT IT UP

1. **What makes you stressed out?**
2. **What do you normally do with stress? Do you stress-eat, stress-shop, stress-sleep,... what?**
3. **Read about Jesus handled incredible stress in Mark 14:32-36. How did He handle stress?** (Answer: The pressure led to prayer.)
4. **What was the content of Jesus' prayer? Are you surprised?** (Answer: I'd rather not, but I trust You enough to go through whatever You choose.)
5. **Do you normally pray as a last resort or a first response? Why?**
6. Jason said, "Prayer may not change the outcome, but it will change my outlook." **When has prayer changed your life?**
7. **Close out your time together by praying for what brings stress these days. Try starting by praising God, then move on to asking God for help.** (Hint: It might be a good idea to break up into smaller groups for this exercise.)

WRAP IT UP

Everyone deals with unexpected, unresolvable tensions in life. We all struggle with anxiety of the unknown or worse, the looming situations we cannot avoid. What can we do when there is nothing we can change? Following Jesus' example, we can trust in the one who knows the bigger picture.

LEADER TIPS

- This is a great week to help your group members grow in the area of Prayer. Head to www.parkerhill.org/toolbox and print out the resource on **prayer** for your group.