



Hey God: Preparation | June 7, 2017

Discussion Guide

The Scoop

Prayer is kind of like preparing for a marathon. You need to start long before you need it in order to reap its full benefits.

Key Verse

Matthew 26:36 (MSG)

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."

Discussion

If you are preparing for a marathon, typically you don't start within a few weeks of race. You prepare long before so you are ready when the race happens. It takes consistent effort over a long period of time to prepare for something of this nature.

1. Can you think of any other examples of things that take investment over time to achieve the results you wish to achieve?
2. Have you ever tried to do something last minute that really should have taken a longer time to prepare?

Our prayer lives often resemble a last minute attempt at solving an immediate problem that we could have been better equipped to handle had we been in prayer over the course of time. In Matthew 26:36-39, Jesus prays to God about his impending death. The argument here is that Jesus was able to handle everything he endured as a result of regular prayer and preparation long before he needed the strength.

3. Can you think of a time in your life when you prayed last minute for something for which you were not prepared?
4. What difficult things have you faced that faith helped you navigate or maybe a lack of engagement with God made it difficult to navigate?

Boxer Joe Frazier said the following regarding preparation, "You can map out a fight plan or a life plan, but when the action starts, it may not go the way you planned, and you're down to your reflexes - that means your [preparation:]. That's where your roadwork shows. If you cheated on that in the dark of the morning, well, you're going to get found out now, under the bright lights."

5. What do you think equates to "roadwork" when it comes to faith and relationship with God?
6. What would you change about your prayer life to engage God more regularly in preparation for navigating the tough things life throws at us?

What's Next?

This week as you consider how God plays a role in your life, take time to pray for the future and prepare for the unknown. The more the engage God, the better you able you will be for taking things in stride and the better able you will be to make difficult decisions.