

Use “The Scene” to introduce “Meeting God in Prayer” the High School Sunday school lesson for April 1, 2018. The lesson is found on page 31 of *High School Teacher* by Standard Publishing.

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“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 26:39).

There’s nothing in the news this week (or any week) that matches the importance of this one week in history—the week leading up to and including Christ’s sacrifice for us on the cross. So let’s look at some of Jesus’ final words of prayer as He faced His own suffering and death.

The suffering clearly began long before His arrest and trial and subsequent beatings. The weight of the world was bearing down on our Lord’s heart. He loved the people of the world, but they didn’t—they wouldn’t—all love Him. They couldn’t get rid of their sin. They couldn’t be free. Only He could offer that to them.

Imagine for just a moment what it would be like to carry the weight of the guilt of the sin of just your own family. Or that of all the people who live on your block. Imagine the sorrow and the searing and the scarring that would come from knowing every terrible word or thought or deed everyone has done. Imagine that, then multiply it by billions of times. That is what Jesus had on His shoulders.

And then He goes to pray, and He asks for help from the only One who could give it. But He also acknowledges that that help might not come without the pain. Jesus—King of kings—bows humbly to the sovereignty of God, accepts the existence of His own suffering, and offers his life in service anyway.

But notice also—in this moment of His deep distress (“my soul is overwhelmed with sorrow to the point of death,” v. 38), Jesus, both divine and human, did not do this alone. He brought friends with Him. “Keep watch with me” (v. 38).

Thank God we don’t have to do this life alone either. As you celebrate in the joy of the Resurrection this week, remember the sorrow of the sacrifice, remember the reality of suffering, and remember the Servant who gave everything up for you.

As students arrive, give each of them a copy of the article. Then discuss in this way:

What do you think about Jesus’ prayer? What does it mean to you?

When you pray, do you feel closer to God? Explain.

Your prayer life can be a very personal thing, but that doesn’t mean you have to go through hard things alone. How can praying with others help?



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Today we’re going to think about what Jesus had to say about prayer and how He prayed, and why that matters.