

## Session 3: Stay Awake

**Overview:** This Sunday we continued in our talk - "Shallow Christianity". Pastor Caleb called us higher out of Shallow Christianity into a deeper prayer filled life. In the Garden of Gethsemane Jesus showed us that in times of pressure our first response should not be to opt out or try and go into fix it mode, but to press into prayer. The disciples fell asleep in the garden, showing their lack of something not just physically but spiritually. Christianity without a prayer life is not a walk of christianity but rather shallow no depth christianity. We must stay awake, be in prayer and spend intentional time with the Father in prayer, setting ourselves up for success by not just having good intentions to pray, but to faithfully live it out in action.

### Key Scripture:

- **Matthew 27:28-31**
- **Hebrews 12:2**
- **Luke 22:39-46**
- **Mark 14:32-42**

### Discussion Questions:

1. When pressure or stress hits your life, what is usually your first response? Prayer, panic, distraction or trying to fix it yourself?
2. Why do you think prayer is often the last resort for people when life gets busy or overwhelming?
3. What is something honest and raw you have not brought to the Lord that you have been holding onto rather than giving to God in prayer?
4. What does your prayer life currently look like? In what ways could you cultivate a better prayer life?
5. What distractions or comforts in your life may be keeping you spiritually dull or prayerless right now?

**Prayer:** Heavenly Father, thank you that we can come to you vulnerable, honest and raw with all of our emotions and they are never too big for you, in times of pressure, stress, and feeling overwhelmed help us not to run to the things that will not satisfy but help us to run to you in prayer, God we pray that we would not be christians that are asleep but that we would stay awake, that we would intercede, that we would have prayer filled lives, having a rhythm of spending intentional time in prayer with you everyday Lord, in Jesus name, Amen.

