

<p>Theme & Passages</p>	<p>Losing & Finding 4: How are you? – Lessons from Gethsemane. Mark 14:32 to 36</p>	<p>Notes prepared by & Neil Casey</p>
<p>Welcome (10 mins)</p>	<p>Meteorological Spring started at the beginning of March. And this week we are considering events that took place in the Garden of Gethsemane. Ask people to share memories of their favourite gardens. It could be their back garden, a garden like Wisley or any other type of garden. Ask them to try and talk about how they felt at the time.</p>	
<p>Worship (20 mins)</p>	<p>This week we had communion together. You may want to have a simple time of communion together - with bread and wine. Reflect on what the bread and wine represent - Jesus' body broken and his blood shed. Use the following song to help the reflections: Graeme Kendrick - The Servant King</p>	
<p>Working with God (20 mins): Evangelism Discipleship Compassion Justice Creation Care</p>	<p>Resting this week</p>	
<p>Word (20-25 mins)</p>	<p>This week's scriptures depict Jesus' praying in the Garden of Gethsemane. There are three passages that describe the same events - Mark 14: 32 to 36, Matthew 26: 36 to 39 and Luke 22: 39 to 44. Ask three people to read these passages to the whole group Lectio Divina style, allowing for a pause between the reading of each passage.</p> <p>Once the passages have been read ask the group to share what particularly struck them from the reading of the passages.</p> <p>Take some time to explore how Jesus models vulnerability in these passages. How does Jesus engage with the emotions that are triggered when He considers what is ahead of Him on His journey to the Cross?</p> <p>What can we learn from the spiritually mature way that Jesus handles His emotions?</p> <p>We see a vulnerable Jesus depicted here. As followers of Jesus, encouraged to become more Christ-like. What barriers do we have to being vulnerable with other people? What positive outcomes can come from being vulnerable with other people? What are the wise limits to being vulnerable?</p> <p>Breaking into pairs, invite each pair to share an area of sadness in their lives (choosing what feels okay to share). Listen well, don't give advice, pray for each other.</p>	