

Pray When You Are Hurting

Read Luke 22:39–44. When he prayed Jesus knew that he would soon be nailed to a cross. Suffering and death were the “cup” Jesus prayed about. What words tell you how Jesus felt when he thought about his suffering? What did God do to help Jesus?

If something terrible ever happens to you or to a friend, the very best thing to do is to pray. When we pray and tell God how we feel, he strengthens us just as he strengthened Jesus.

Live It!



Luke 22:39–44