



# Praying in the Garden

An at-home Holy Week Guided Worship Experience

## Explanation

This at-home worship experience has been created as a preparation for Good Friday and Easter Sunday. It focuses on the story of Jesus praying in the garden of Gethsemane, as told in Mark, Chapter 14, verses 32 to 41, and addresses the themes of suffering, sorrow, pleading with God, and deliverance. This experience is designed with flexibility for use independently, in a family setting, or with a virtual small group.

Worship songs, prayers from Psalms, and activities accompany each section of the story. If you are in a group setting, we recommend taking turns reading the bible verses and prayers out loud. Lyric videos to sing a long to for each song are available by clicking on the name of the song. Throughout the story, excerpts from Psalms are provided as prayers, using the Christian Standard Bible translation to present a more personal tone. The activities, while targeted toward children, offer opportunities for contemplation and creativity for adults as well. Make sure you have paper and coloring supplies ready.

## Introduction

### ***In the night...***

Our worship evening today takes place in the darkness, on the night that Jesus was betrayed, in the garden. In ancient times, night was a much more sinister time than it is for us. With electricity – darkness is something that we seldom consider. But in Jesus' time, the darkness was unknown, dangerous, lurking, and sometimes overwhelming. As we follow Jesus and His disciples through Gethsemane, keep this atmosphere in mind.

**Song** • [He will hold me fast](#)

**Activity** • [Draw what you think the garden of Gethsemane looked like at night.](#)

## Bible Reading

Mark 14:32-34

*Then they came to a place which was named Gethsemane; and He said to His disciples, "Sit here while I pray." And He took Peter, James, and John with Him, and He began to be troubled and deeply distressed. Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch."*

**Song** • [Lord from sorrows deep I call](#)

**Psalm Reading**

Psalm 86: 1-2, 6-7, 14-16 (CSB)

*Listen, Lord, and answer me, for I am poor and needy. Protect my life, for I am faithful. You are my God; save your servant who trusts in you... Lord, hear my prayer; listen to my plea for mercy. I call on you in the day of my distress, for you will answer me... a gang of ruthless men intends to kill me. They do not let you guide them. But you, Lord, are a compassionate and gracious God, slow to anger and abounding in faithful love and truth. Turn to me and be gracious to me. Give your strength to your servant...*

- Activity** • Pray to God in this moment. Tell Him why you put your hope in Him.

**Bible Reading**

Mark 14: 35-36

*He went a little farther, and fell on the ground, and prayed that if it were possible, the hour might pass from Him. And He said, "Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will."*

- Song** • The Lord is my Salvation

**Psalm Reading**

Psalm 143: 1, 3, 4, 9-10 (CSB)

*Lord hear my prayer... for the enemy has pursued me, crushing me to the ground...my spirit is weak within me; my heart is overcome with dismay... Rescue me from my enemies, Lord; I come to you for protection. Teach me to do your will, for you are my God. May your gracious Spirit lead me on level ground.*

- Activity** • Discuss why it's sometimes difficult to do not what you want, but what God wants. Why do you think Jesus included "Your will be done" in the Lord's Prayer?

**Bible Reading**

Mark 14: 37-39

*Then He came and found them sleeping, and said to Peter, "Simon, are you sleeping? Could you not watch one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak." Again He went away and prayed, and spoke the same words.*

- Song** • I will wait for You

**Psalm Reading**

Read excerpt from Psalm 6:6-8 (CSB)

*I am weary from my groaning; with my tears I dampen my bed and drench my couch every night. My eyes are swollen with grief; they grow old because of all my enemies. Depart from me evildoers, for the Lord has heard the sound of my weeping.*

- Activity** • What do you do when you're sad or afraid? Why do you think God gave us so many emotions? What can you do to feel calm and peaceful again?

**Bible Reading**

Mark 14:40-41

*And when He returned, He found them asleep again, for their eyes were heavy; and they did not know what to answer Him. Then He came the third time and said to them, "Are you still sleeping and resting? It is enough! The hour has come; behold, the Son of Man is being betrayed into the hands of sinners.*

- Song** • Christ our Hope in Life and Death

**Psalm Reading**

Psalm 23: 1-5 (CSB)

*The Lord is my shepherd; I have what I need. He lets me lie down in green pastures; He leads me beside quiet waters. He renews my life; He leads me along the right paths for His name's sake. Even when I go through the darkest valley, I fear no danger, for You are with me; Your rod and Your staff – they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup overflows.*

- Activity** • Draw a scene from Psalm 23 (maybe two!). What is comforting about these words?

- Song** • The Power of the Cross

- Activity** • Discuss the significance of Good Friday. What can you do to remember and focus on Jesus and His sacrifice in the next few days?

- Song** • Sing your favorite song again!