

## Blood & Sweat Prayer

Luke 22:39-46

Jesus our model for human prayer

From Disturbed to...

From Tempted to...

From Passive to...









- What have I been most comforted, disturbed, or struck by today?
  - How can I better make it my regular pattern / 'custom' to pray?
  - How might I birth prayer in the place of anguish or temptation?
    - How might prayer transform passivity into Christlike passion?