

Do this in remembrance of me. (Luke 22:19c)

Praying in the Garden – Luke 22:39-46

Prepare to Wonder

In the Bible story, Jesus is beginning his journey toward his death. As Jesus comes to terms with the coming days, he is experiencing many emotions. While his disciples sleep—despite Jesus' instructions to pray—Jesus goes to pray. He is searching for comfort and guidance in the midst of his overwhelming feelings.

Sometimes we do not know how to express or understand our emotions. Yet, our emotions are trying to teach and tell. When we experience emotions, there are things we can do to help. Jesus teaches us that we can talk to God.

The video today explores the loss of a grandparent. It is important to honor children's experiences and to allow them to explore difficult topics. In doing so, you can guide children to go to God with what is hard, just like Jesus did. It might not change the outcome or take away something painful that already has happened; however, it can bring comfort to know that God goes with us and is present in the midst of our big emotions. These big emotions are felt even by the littlest children, and it is our job to help them know that God is there to comfort and guide them.

Spiritual Practice for Adults

Feelings are complicated. In hard situations, we all react in different ways. Emotions can be teachers. They teach us what we want and need. When you are feeling an emotion this week, place your hands on your chest or heart. Say what emotion you are feeling. Then repeat the following phrase, "When I feel (*emotion*), I can share with God; and when I am feeling (*emotion*), I know God will be with me. Amen."

Welcome to Wonder

Prepare Ahead: As a family, create a Wonder Table. Find a small table or area in your home. On the table, place a candle, a plant or flower, and any other special items you want to include.

Tip: Use this space while engaging in the lesson.

- Gather together near your Wonder Table.

WONDER together

- Jesus often went outside to pray. Where do you like to pray?
- What kinds of things do you share with God when you pray?

CONTINUE to wonder

- Do you like to pray out loud or in your head? I wonder if God can hear you either way.
- Why do you think it's important to support one another through prayer?

PRAY together

- Dear God, thank you for showing us how to pray Amen.

SING together

- Use your Annual Music CD or download the song, "Remember Your Love" (<https://www.cokesbury.com/Celebrate-Wonder-Annual-Music>).
- Play the song, "Remember Your Love."
- Sing and celebrate.

Wonder with Me

Supplies: CEB Bible, Wonder Cube (Digital Class Pack), optional: Celebrate Wonder Bible Storybook

READ the Bible story

- Read the Bible story: Luke 22:39-46
- Roll the Wonder Cube. Take time to answer a few of the questions.

WATCH the Bible story

- Visit <https://www.cokesbury.com/Celebrate-Wonder-Video> to download and watch today's Bible story, or watch on www.amplifymedia.com.

SHARE the Faith Word

- Faith Word: REMEMBER—The definition of *remember* is to think about and not forget.

- Jesus wanted his friends to remember him and to serve others.

WONDER: How do you remember to pray?

Prayer Time (Movement)

SAY: In our story, Jesus goes to the garden to pray.

WONDER: Where do you like to pray? Have you ever prayed outside?

- Gather together and go outside.

SAY: Jesus felt sad when he was in the garden, so he talked to God. Let's take a journey together. As you move around outside, notice how you feel today. After you notice your feelings, quietly talk to God and say a prayer.

- After some quiet time, recite this prayer out loud together:

When I am feeling happy,
when I am feeling sad,
when I am feeling silly,
and even when I am feeling glad,
I can talk to God. Amen.

- Go back inside and share what you noticed.

Tip: If the weather or other conditions do not permit you to go outside, simply do this activity inside.

Spiritual Practice—Exploring Remembrance Through Ritual

Supplies: Celebration Chart (Digital Class Pack), optional: Celebrate Wonder Family Activity Book

- Try this spiritual practice together.

SAY: Greet God and thank God each day. Raise your hands in the air and say, "Good morning, God!" Hold your arms out wide and say, "Thank you, God, for another day to serve you. Amen."

- Repeat several times.

PRAY: God, thank you for helping me to remember to pray. Amen.

- Find a time to read together the *Celebrate Wonder Family Activity Book*.