



## Reflection Guide

### Sermon Title: Garden Prayers

#### Key Takeaways

- ⇒ A garden prayer is a pressure-driven prayer that produces internal transformation before external intervention.
- ⇒ Strategic vulnerability is the intentional, purposed disclosure of your interior reality to the right people, in the right moment, for the right reason.
- ⇒ Emotionally honest prayer doesn't just pray about the issue; it prays about the emotional condition the issue is creating.
- ⇒ Jesus models that biblical submission is to be completely honest about what you want and completely surrendered to what God decides.
- ⇒ Trust is often at the mercy of our trauma and until we address some trauma we won't develop trust.

#### Personal Reflection

1. Have you ever experienced a time when pursuing your purpose brought unexpected pressure or problems?
2. Jesus told His disciples, "My soul is overwhelmed with sorrow to the point of death." Why do you think we often edit our emotions when we pray? What keeps us from being completely honest with God?
3. The sermon mentioned that "emotions that are unexpressed don't stay contained to your soul, they migrate to your decisions, your body, and your relationships." Can you identify a time when unexpressed emotions leaked into other areas of your life?
4. In Psalm 13:1-2, David asks God, "How long?" four times in two verses. What does this teach us about the kind of prayers God welcomes? How might praying with emotional honesty change your prayer life?
5. What's one emotion you've been hesitant to bring to God in prayer? What would it look like to practice "spiritual emotional regulation" this week?
6. Pastor Dharius defined submission as "your willingness to refuse to allow yourself to get in the way of someone else doing their job to do what's best for you." How does this definition challenge or reshape your understanding of submission?
7. Which pattern best describes your default: codependence ("I can't without you"), hyper-independence ("I don't need you"), or interdependence ("I'm better with you")? How does this show up in your prayer life?