



## Sermon Notes

### Sermon Title: Garden Prayers

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**Sermon Foundational Scripture: Matthew 26:36–39 (NIV)** — **36** Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” **37** He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. **38** Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” **39** Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

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#### Statements:

- ⇒ 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.
- ⇒ Bad dogma is the distorted, malformed, often unexamined beliefs about God that people carry without realizing it.

#### Supporting Scriptures:

**Matthew 26:36–38 (NIV)** — **36** Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” **37** He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. **38** Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

**Matthew 26:49–50 (NIV)** — **49** Going at once to Jesus, Judas said, “Greetings, Rabbi!” and kissed him. **50** Jesus replied, “Do what you came for, friend.”

**Matthew 26:37–38 (NIV)** — **37** He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. **38** Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

**Matthew 26:39 (NIV)** — **39** Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

**Psalms 13:1–2 (NIV)** — **1** How long, Lord? Will you forget me forever? How long will you hide your face from me? **2** How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

**Luke 22:43–44 (NIV)** — **43** An angel from heaven appeared to him and strengthened him. **44** And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

**Matthew 26:39 (NIV)** — **39** Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

**Matthew 26:40 (NIV)** — **40** Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter.

**Acts 12:5–7 (NIV)** — **5** So Peter was kept in prison, but the church was earnestly praying to God for him. **6** The night before Herod was to bring him to trial, Peter was sleeping between two soldiers, bound with two chains, and sentries stood guard at the entrance. **7** Suddenly an angel of the Lord appeared and a light shone in the cell. He struck Peter on the side and woke him up. “Quick, get up!” he said, and the chains fell off Peter’s wrists.

### **Three Traits To Garden Prayers:**

1. **Sincerity**
2. **Submission**
3. **Synergy**

### **Relational Default Settings (Patterns) That Hinder Corporate Prayer:**

1. **Codependence:** I can’t without you.
2. **Hyper-independence:** I don’t need you.
3. **Interdependence:** I can without you, but I’m better with you.

**Declaration:** I will not leave this garden the way I came in. I came in agitated, but I’m leaving more anointed. I came in confused, but I’m leaving with clarity. I came in frustrated, but I’m leaving full of faith. The garden will not break me; it will build me. In Jesus’ Name.