



In Christ, as life gets heavier, we can become increasingly needy, and that neediness is welcomed, not shamed.

Scripture: Matthew 26:36–46

Icebreaker: When you feel pressure or sadness, what is your default move? Do you go quiet, get busy, get controlling, or reach out?

1. Bryan said we usually believe the opposite of Jesus. We think as life gets heavier, our needs should get smaller. Where do you feel that pressure most in your life right now?
2. In Gethsemane Jesus tells his friends, “My soul is very sorrowful, even to death. Remain here and watch with me.” What stands out to you about Jesus naming what he feels instead of minimizing it?
3. Jesus had an inner life that matched the moment. He did not pretend. Where do you find yourself saying “I’m fine” when you are not fine, and what do you think you are protecting by doing that?
4. Bryan pointed out something really specific. Jesus does not only feel sorrow, he asks for help. He invites people to stay close. What keeps you from asking for help in a clear and direct way?
5. Jesus chose Peter, James, and John, even though he knew they would fail him. What does that teach you about how Jesus relates to weak, inconsistent people like us?
6. Bryan used the Winter Olympics picture to show how we celebrate neediness in champions. Coaches, support, community, vulnerability. Why do you think we honor neediness there but shame it in normal life?
7. He made the point that doing everyday life in a broken world is harder than a downhill jump. Where is life currently feeling heavier for you, and where has that heaviness tempted you toward isolation?
8. Jesus models three simple questions in this passage. What do I feel. What do I need. Who can I tell. Which of those three is hardest for you, and why?
9. Jesus prays, “If it be possible, let this cup pass from me. Nevertheless, not as I will, but as you will.” What do you learn about bringing real desire and real struggle to God instead of hiding it?
10. Bryan said struggle with God is not the same as sin. It can actually be Christlike. What is one struggle you have been afraid to say out loud to the Father?
11. The disciples fail repeatedly in this scene. They fall asleep. They do not watch. They do not come through. Yet Jesus stays faithful and keeps moving toward

the cross. How does that challenge the lie that everything depends on your perfection?

12. Bryan said grace is not you doing your part and God finishing the rest. Grace is you bringing empty hands and God providing what you cannot. Where have you been “white knuckling” something that might require needy, open hands instead?
13. Jesus asked for community and the disciples could not carry it well. How do you respond when people let you down? Do you shut down, get bitter, or risk asking again?
14. If you took one step this week toward “increasingly needy” in Christ, what would it look like in real life? Naming a feeling, asking for help, admitting fear, sharing honestly with one person, or praying with less polish and more truth.