



**HOW** did Jesus pray? The accepted norm for prayer for us seems to be to kneel but there is no set rule about this. Kneeling is a position of humility. Some are not able to kneel. I would say that we do whatever is the most comfortable to enable us to concentrate on our prayers. This may also vary so that we do not always pray in the same position. When Jesus was on the Mount of Transfiguration He was standing. Sometimes it is recorded that He knelt and in the Garden of Gethsemane it looks as if He actually lay prostrate on the ground.

Jesus must have often spoken out His personal prayers verbally, otherwise they would not have been heard and subsequently recorded. I suppose that in speaking out our prayers we are far less likely to have our minds wander onto other things. – ‘Are the children OK?’ ‘What shall I cook for dinner today?’ ‘What do I want from the supermarket this afternoon?’ If we are within hearing of someone else then we are more likely to use non-verbal prayers.



**WHAT** did Jesus pray? The prayers of Jesus are totally focussed on two things:- His own relationship with God the Father and the relationship of others with God the Father and their salvation. Jesus was fully committed to doing God's will and not His own. He said what God told Him to say and did what God told Him to do. John 12: 49-50. *'For I have not spoken on my own authority; the Father who sent me has Himself given me commandment what to say and what to speak. I know that His commandment is eternal life. What I say, therefore, I say as the Father has bidden me.'* His desire was to be 100% obedient to the Father. We have those very well-known verses in Mark 14 when Jesus was in the Garden of Gethsemane. When He is about to be betrayed He says, *'Abba, Father, all things are possible to Thee: remove this cup from me; yet not what I will but what Thou wilt.'* Mark 14:36. He knew exactly what was ahead of Him. As a human being His wishes were not to go through with it, but, as the Son of God He knew His destiny and His only desire was to carry out to the letter what God the Father had planned for Him.

What an example Jesus sets for us – 100% obedience! Not an easy task yet He is always there to help enable us to achieve that goal. We all have different tasks in our Christian rolls but the aim is the same for each one of us.

100 %

**Some passages to read:-**

Prayer of Jesus for others. John 17

Garden of Gethsemane. Mark 14: 32-42

Ascension of Jesus. Acts 1: 6-12

