



## 2. 'Take this cup from me!'

The night before he died, Jesus went to pray at the Mount of Olives. He cried out to God in anguish, asking him to take the cup of suffering away from him. But then he added; 'Yet not my will but yours be done'.

***Think about the pain of that moment and the anguish Jesus went through. Now think of someone who is going through the process of making an agonising decision, who knows that doing the 'right thing' will be difficult. Pray for them now, and if you want to, put their name on a piece of paper by the cup.***