**CREATIVE PRAYER - TAKE THIS CUP FROM ME**

Using the different senses to focus your prayer can be helpful. In the Easter account there are lots of opportunities to pray about the real meaning of Easter and Jesus’ journey to the cross.

**How?** Get a glass/goblet and fill it with grape juice and a dash of vinegar. Use the instructions below.

**Materials**: glass/goblet, grape juice, vinegar, instructions, paper, pens, box.

**Instructions**

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’*.
 **Dip your finger in the cup and taste.**

**Inner Focus:** Think about the pain of that moment and the anguish that Jesus went through. Talk to Him about any areas of pain or decision in your life.

**Outer Focus:** Now think of someone who is afraid or 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 and place it in the box.