

## Lord, Hear My Cry

By Audrey Cox



Before Jesus was taken to be crucified, he knelt in prayer. He called upon God in that bleak moment, and God heard Jesus' prayer. No matter what sorrow or fear we are experiencing, God listens to our prayers.

**For**  
Teen Family

### Season

Spring

### Needed

Bible, computer, Internet access, cup, small pieces of paper, pens

### Prepare in Advance

Go online to the video "Walk with Me" by Lecrae, and prepare to view it as a family: ["Walk with Me" by Lecrae](#)

### Activity Plan

1. Begin by praying aloud:

*Be with us, God, and hear the cries of our hearts, just as you heard the cry of your Son, our Savior Jesus Christ. Amen.*

2. Open your Bible to Luke 22:39-46 and read it aloud, or use the following text:

*Luke 22:39-46*

And [Jesus] came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. And when he came to the place, he said to them, "Pray that you may not enter into temptation." And he withdrew from them about a stone's throw, and knelt down and prayed, saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." And there appeared to him an angel from heaven, strengthening him. And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, and he said to them, "Why are you sleeping? Rise and pray that you may not enter into temptation."

3. Give three small pieces of paper and a pen to each person. On each of his or her pieces of paper, have each person write one feeling Jesus may have had when he was at the Mount of Olives with his disciples. (This took place right before Jesus was betrayed by Judas and taken away for his trial and crucifixion.)
4. Watch the video "Walk with Me" (link given above).

5. Have each person take his or her pieces of paper and, on the blank side, write something that causes (or has caused) him or her to have those same feelings. For example, if you think Jesus may have been feeling sorrow—on the other side you might write “I am so sad Grandma died.” Allow time for everyone to complete all three pieces of paper.
6. Spend a few moments in silence, allowing time for family members to pray to God about the things they wrote. After praying, have family members wad up their scraps of paper and put them in the cup.
7. Ask for a volunteer to pray this prayer:

*Lord, hear our cry! Sometimes it's hard to reach out to you when the things we have to say include our most painful and fear-filled feelings. Let this cup be a reminder that you are always listening. Strengthen us to trust that you take these burdens from us each and every day. Thank you for hearing us when we pray. In Jesus' name. Amen.*

8. You may want to leave the cup on your table for a few days as a reminder to take your worries to God and then dispose of the papers.

