



# Conversation Questions

1. How does Jesus' experience of intense emotional distress reveal his humanity? At the same time, how does his prayer to God show his divine nature?
2. How does the disciples' failure to stay awake highlight the debilitating effects of anxiety? What are some common ways anxiety can interfere with our ability to be present and alert?
3. What can we learn from the disciples' experience about supporting friends or loved ones who are struggling with anxiety?
4. How have you experienced anxiety in your life and what practical steps can you take to overcome anxiety?
5. How can you strengthen your relationship with God during times of stress?
6. What support can you seek from others to help you cope with anxiety?