

Participant Journal: All Night on the Mountain

Text: Luke 6:12–16

1. Read and Reflect

Slowly read the passage.

Write:

- What stands out to me most in this moment?
 - What surprises me about Jesus' actions?
 - What questions does this raise in me?
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2. Pray When Facing Big Decisions

Jesus spends the entire night in prayer before choosing His disciples.

Reflect:

- What major decisions am I currently facing?
- Have I truly brought these to God, or am I relying mostly on my own thinking?

Be honest:

- What usually comes first for me—planning, worrying, asking others, or praying?

Write a short prayer:

- Ask God for clarity, wisdom, and alignment with His will.

Meditation:

- Martin Luther once said:
“I have so much to do that I shall have to spend the first three hours in prayer.”

Journal:

- How would my life change if I approached busyness like this?
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3. Pray Persistently

Jesus didn't pray briefly—He prayed *all night*.

Reflect:

- When was the last time I stayed in prayer longer than was comfortable?
- What causes me to stop praying—distraction, doubt, fatigue, discouragement?

Consider Jesus' pattern:

- Mark 1:35
- Luke 5:16

Journal:

- What would it look like for me to develop a consistent rhythm of prayer?
- Where (place) and when (time) can I realistically commit to meeting God?

Personal Challenge:

- Set a specific time this week to pray longer than usual.
Write afterward:
 - What did I experience?
 - What made it difficult?
 - What helped me continue?
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4. Pray When It Doesn't Make Sense

Jesus chooses an unexpected group:

- Fishermen
- A tax collector
- Political radical
- A doubter
- Even a future betrayer

Reflect:

- Where in my life does God's direction not make sense right now?
- Am I hesitating because I don't understand?

Be honest:

- What fears or doubts are holding me back?

Journal:

- How might prayer give me confidence even without full understanding?
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5. When You Feel Stuck

Sometimes inaction comes from confusion.

Write:

- Where do I feel paralyzed right now?
- What would it look like to move forward in trust instead of certainty?

Reflection Thought:

- You don't always have to understand—you may simply need to take a step forward with Jesus.
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6. Closing Prayer Reflection

Use this space to write freely:

- Thank God for His guidance.
 - Surrender your decisions.
 - Ask for persistence in prayer.
 - Ask for courage to move forward, even when things don't make sense.
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Weekly Anchor

Write one sentence you want to carry with you this week: