

Scripture Reading

Matthew 26:36-41 (NIV)

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." ⁴⁰ Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. ⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

1) The spirit is willing

Matthew 26:40 (NIV)

⁴⁰ Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter.

2) Worry and fear or prayer and faith

Philippians 4:6 (NIV)

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

3) Making time for prayer

Colossians 4:2 (NIV)

² Devote yourselves to prayer, being watchful and thankful.

a) Conformed to the Word

2 Timothy 3:16 (NIV)

¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

b) Always

1 Thessalonians 5:17 (NIV)

¹⁷ pray continually;

c) All kinds

Ephesians 6:18a (NIV)

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests.

d) Alert

Matthew 26:41 (NIV)

⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

e) For one another

Ephesians 6:18b (NIV)

¹⁸ ... With this in mind, be alert and always keep on praying for all the saints.

"I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time- waking and sleeping. It doesn't change God- it changes me." ~ **C.S. Lewis**