

INTERMEDIATE SUNDAY SCHOOL

16 November 2025

Text: Matthew 26

³⁶ Then Jesus came with them to a place called Gethsemane, and said to the disciples, "Sit here while I go and pray over there."

³⁷ And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed.

³⁸ Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch with Me."

³⁹ He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."

⁴⁰ Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me one hour?"

⁴¹ Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

⁴² Again, a second time, He went away and prayed, saying, "O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done."

⁴³ And He came and found them asleep again, for their eyes were heavy.

⁴⁴ So He left them, went away again, and prayed the third time, saying the same words.

⁴⁵ Then He came to His disciples and said to them, "Are you still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners.

⁴⁶ Rise, let us be going. See, My betrayer is at hand."

Matthew 26:36-46

PRAYER IN THE GARDEN OF GETHSEMANE II

1. The posture of prayer

He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."

Matthew 26:39

- a) He went a little farther from His disciples
- b) He fell on His face
 - i) This is prostration
 - ii) It expresses deep humility
 - iii) It also expresses submission

2. Addressing God

- a) He had taught the Disciples to address God as "Father" Matthew 6:9
- b) He always spoke of God as "Father" John 5
- c) He prayed to God as Father in His deepest moment of distress
- d) His relationship with the Father
 - i) It was there naturally
 - ii) It was sustained lovingly
 - iii) It was treasured
 - iv) It was never taken for granted

3. The Plea of the Lord Jesus

"O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."

Matthew 26:39

- a) If it is possible
 - i) A natural plea
 - ii) Facing pain, sorrow and death
- b) The cup
 - i) The cup of sorrow
 - ii) The cup of suffering

- iii) The cup that leads to death
- c) The Will
 - i) The personal Will
 - ii) The perfect Will of God

CHECKING ON THE DISCIPLES

40 Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me one hour?"

41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

Matthew 26:40-41

1. The Disciples were found sleeping
2. The Lord addressed Peter (this includes James and John)
 - a) Could he not watch with the Lord one hour?
 - b) They could not stay awake!
3. A word of exhortation
 - a) To make every effort "to watch and pray"
 - b) The human spirit is willing
 - c) But the human flesh is weak

OUR CHALLENGE

1. To learn how to "watch and pray"
2. To overcome the weakness of the flesh
3. To build a stronger spirit
4. To become more prayerful