

MORNING WORSHIP

5 October 2025

Text: Matthew 26:36-46;

Title: "Watch and pray" Matthew 26:41

INTRODUCTION

1. The Lord's Prayer Life as noted in the Gospels

- a) 40 days and nights in the Wilderness of Judea (Matthew 4, Luke 4)
- b) All-night prayer (Luke 6:12)

2. The Prayer in the Garden of Gethsemane

- a) A deep struggle
- b) Total submission to God's Will

THE GARDEN OF GETHSEMANE

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."

Matthew 26:36-38

1. The location of the Garden of Gethsemane

- a) Gethsemane means "Oil press"
- b) This is located at the foot of the Mount of Olives
- c) The Lord Jesus frequented this place when He came to minister in Jerusalem

2. The Garden of Gethsemane was a special place for prayer

This was the trying place where the Lord Jesus struggled in deep prayer just before He suffered and was crucified.

- a) The night before He was arrested was spent in prayer
- b) Three disciples were asked to accompany Him
- c) The Lord Jesus "became sorrowful and deeply distressed"
- d) He shared with His three disciples how He actually felt

"My soul is exceedingly sorrowful even to death" Matthew 26:38

THE FIRST PRAYER OF THE LORD JESUS

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."

Matthew 26:39-41

1. The Lord Jesus "fell on His face"

- a) He prostrated Himself
- b) This posture reflects deep humility

2. The plea of the Lord Jesus Matthew 26:39

- a) Addressing God as "My Father"
- b) "If it is possible, let this cup pass from Me"
- c) "Not as I will, but as you will"

3, Checking on the Three Disciples (Matthew 26:40-41)

- a) He found them sleeping
- b) He said *"What! Could you not watch with Me one hour?"*
- c) *Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."*

THE SECOND PRAYER OF THE LORD JESUS

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.

Matthew 26:42-43

1. The Lord prayed again to the Father

2. His words had now changed

- a) He still addressed God as Father
 - "O My Father"*
- b) He was submitting His personal will in favour of God's will
 - i) *"If this cup cannot pass away unless I drink it"*
 - ii) *"Your will be done"*
- c) Checking on the Three Disciples again
 - i) They went to sleep again
 - ii) Their eyes were heavy

THE THIRD PRAYER OF THE LORD JESUS

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 26:44-46

1. The Third Prayer followed the tone of the Second Prayer

- a) There was full acceptance of God's Will
- b) The struggle was over
- c) The Lord Jesus was now fully prepared to face great suffering and death

2. The Third check on His disciples

- a) They were still sleeping

"Are you still sleeping and resting?"

- b) They had to be alerted

Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners.

- i) The hour had come
- ii) The Son of Man is being betrayed
- iii) But the three Disciples were sleeping!

c) They must arise and face the enemies

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

i) Judas the betrayed had arrived at the Garden of Gethsemane

ii) The Lord would not cringe away in fear

iii) He would face His suffering with dignity and full trust in God

LESSONS FOR US TO LEARN

1. The Place of Prayer as a Refuge in times of great distress

2. The Power of God that comes only when full submission is made

3. The Presence of God that brings peace and strength amidst all the turbulence and strife of life