

Watch and Pray

Discussion Questions

1. Has your soul ever been overwhelmed with sorrow? Did this stop you from praying? Why or why not?

2. Have you ever prayed for God to "take this cup from me" – to remove a bad situation – but it still happened? What did you learn from that experience? If you could go back in time, how would you encourage or guide your younger self?

Gethsemane

Mark 14:32-42: They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." **33** He took Peter, James and John along with him, and he began to be deeply distressed and troubled. **34** "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

35 Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. **36** "Abba,^{אבא} Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

37 Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Couldn't you keep watch for one hour? **38** Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

39 Once more he went away and prayed the same thing. **40** When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

41 Returning the third time, he said to them, "Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. **42** Rise! Let us go! Here comes my betrayer!"

Matthew: Matthew's account (Matthew 26:36-46) of Gethsemane is similar.

Luke: Luke's account (Luke 22:39-46) is similar to Matthew and Mark but provides some unique details. Jesus prays fervently, and his **sweat becomes like drops of blood falling to the ground, emphasizing his intense anguish.** In Luke's Gospel, **an angel appears to strengthen Jesus**

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during his prayer. However, the disciples are still found sleeping when Jesus returns to them because they were **exhausted from sorrow**.

Reflection Questions

1. What stands out to you in these passages?
1. Why was Jesus' overwhelmed with sorrow?
2. Why did Jesus say, "Take this cup from me. Yet not what I will, but what you will," knowing His purpose was to die for sins?
3. Why did Jesus want the disciples to pray? What goal would prayer accomplish?
4. What emotion do you think Jesus felt when he saw the disciples sleeping twice after warning them? Why?
5. In Luke, it says the disciples were sleeping because they were exhausted with sorrow. What does that mean to you?
6. In Luke, an angel appeared to strengthen Jesus. Why do you think this was necessary?
7. Have you ever felt strengthened by God in a hard situation? Did it allow you to keep going despite being overwhelmed with sorrow?