



Lesson Eight: Keep Watch Matthew 26:36-46

Paul Goebel – November 1, 2022

26 ³⁶ Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." ³⁷ And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." ³⁹ And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." ⁴⁰ And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? ⁴¹ Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." ⁴² Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." ⁴³ And again he came and found them sleeping, for their eyes were heavy. ⁴⁴ So, leaving them again, he went away and prayed for the third time, saying the same words again. ⁴⁵ Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. ⁴⁶ Rise, let us be going; see, my betrayer is at hand."

Discussion Questions:

1. How would you describe your life as a Christian? Are you spiritually alive, spiritually asleep, or spiritually dead? Why?
2. What does it mean to “keep watch”? What does it look like to “keep watch” as Christians in our world today?
3. What are some things that lull you into spiritual slumber? How has God awakened you in the past? Are there ways in which you need to wake up?
4. How would you describe Jesus’ prayer in the Garden of Gethsemane? What does this teach us about prayer?
5. What was the cup that Jesus wanted to pass from him? Why did Jesus have to drink it?
6. How did Jesus demonstrate submission to the will of the Father?
7. What was the Father’s answer to Jesus’ prayer? What does this teach about answered prayers?