

Staying Awake

April 5, 2020

For this lesson, we will be reading & analyzing the story of Jesus praying in Gethsemane.

Read Matthew 26: 36-56

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. “Couldn’t you men 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 flesh is weak.” ⁴² He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.” ⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing. ⁴⁵ Then he returned to the disciples and said to them, “Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. ⁴⁶ Rise! Let us go! Here comes my betrayer!” ⁴⁷ While he was still speaking, Judas, one of the Twelve, arrived. With him was a large crowd armed with swords and clubs, sent from the chief priests and the elders of the people. ⁴⁸ Now the betrayer had arranged a signal with them: “The one I kiss is the man; arrest him.” ⁴⁹ Going at once to Jesus, Judas said, “Greetings, Rabbi!” and kissed him. ⁵⁰ Jesus replied, “Do what you came for, friend.” Then the men stepped forward, seized Jesus and arrested him. ⁵¹ With that, one of Jesus’ companions reached for his sword, drew it out and struck the servant of the high priest, cutting off his ear. ⁵² “Put your sword back in its place,” Jesus said to him, “for all who draw the sword will die by the sword. ⁵³ Do you think I cannot call on my Father, and he will at once put at my disposal more than twelve legions of angels? ⁵⁴ But how then would the Scriptures be fulfilled that say it must happen in this way?” ⁵⁵ In that hour Jesus said to the crowd, “Am I leading a rebellion, that you have come out with swords and clubs to capture me? Every day I sat in the temple courts teaching, and you did not arrest me. ⁵⁶ But this has all taken place that the writings of the prophets might be fulfilled.” Then all the disciples deserted him and fled.

Jesus asked his disciples to stay awake and pray with him in the garden, because he was feeling sad and anxious and needed their support. But they all kept falling asleep.

Discussion questions:

- How do you think Jesus felt when he found his friends sleeping?
- Do you think you could have stayed awake for Jesus?
- Have you ever really needed the support of your friends? Did you receive it?
- How does it feel to receive support from friends?
- How does it feel when your friends aren't able to give you the support you need?
- How can you be a supportive friend to others?
- What can you do to support others in this time of need when we are unable to gather together?

Jesus asked the disciples to stay alert and pray. He was going through a really tough time, and he wanted their support. Jesus told the disciples to pray for themselves so that they wouldn't give in to temptation. The disciples also could have used that time to pray for Jesus.

When we pray for other people, that's called "intercessory prayer."

- Why should we Christians practice intercessory prayer?
- Do you pray for others?
- Who do you pray for most often?

Intercessory prayer is a way of offering love and support to others, even if they aren't aware that you are praying for them. ***Who do you think prays for you through intercessory prayer?***

Activity:

Find a piece of paper and write your name in the middle of the page. Then draw a circle around your name. This circle is your garden of Gethsemane. Now write the names of your family members and friends that you want to pray for you while you are praying in the garden. Write the names of the people you love and trust the most. You can add as many names as you want, as long as you trust that all of these people will stay awake while you are in the garden. Make sure these names surround your name and keep it safe from outside harm. These are the people who will protect, love and support you.

Self-Prayer: (Suggestion: Thank Jesus for his protection, suffering and dying for your sins.)

Think about all of your friends and family who pray and look after you without you knowing it.)