

Jesus Prays

Lesson 19

Matthew 26:36-46

Memory Verse

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. Matthew 7:7

Introduction

What are some things that you do with your best friend? When we pray we are talking to God. Do you talk to Him like a best friend?

Scripture

Matthew 26:36-38

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." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

After Jesus ate supper with His friends, they went to a garden called Gethsemane. Jesus asked His friends to sit down while He went to pray. His heart was hurting and He wanted to talk to God. Jesus took Peter, James, and John along with Him. He became very sad and asked Peter, James, and John to pray with Him.

Matthew 26:39

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."

Discussion

Ask: What did Jesus say and do?

Going a little farther, He prayed with His face to the ground. He shared with God the emotions He was feeling. He knew that it was almost time for people to hurt Him and arrest Him. Jesus asked God if there was any other way for Him to help us. He did not want to die, but He was willing to do whatever God wanted.

Matthew 26:40

Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

Ask: What did the disciples do?

When he returned to His friends, He found them asleep! He asked them why they couldn't pray with Him. He asked them to pray so that they wouldn't be tempted to do wrong. Jesus said this to His friends because He knew that God would help Him and His friends make the right choices only if they talk to God and do what He said.

Matthew 26:42-44

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."

Discussion

When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing.

Ask: What did Jesus say to the disciples?

He then asked them to pray while He went away for a second time. Again Jesus prayed asking God if there was any other way to help us.

When He came back this time, His friends were asleep, again. So He left them and went away to pray a third time. Again, He asked God for help. Sure enough, when He came back, they were still asleep!

Matthew 26:45-46

Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour is near, and the Son of Man is betrayed into the hands of sinners. Rise, let us go! Here comes my betrayer!"

Ask: What did Jesus say?

When He woke them up, He explained that people were coming to accuse Him and arrest Him. Jesus tried to help them see that soon He was going to die. His disciples did not understand.

Application

Ask: What can we learn from Jesus' example?

Remember that Jesus took time to pray when times were hard. He knew that God was with Him and would listen to his requests and needs.

Ask: What can we learn from Jesus' prayer?

Three times, Jesus asked God for help. God heard Jesus' prayers. God listened and knew the emotions Jesus was feeling. He encouraged Him but also knew that He would have to die for a crucial reason.

Ask: Why should we pray?

Jesus gave us some important reasons to pray. Jesus told the disciples to pray so that they would not fall into temptation. Jesus helps us see that praying is our way of talking to God and growing closer to Him. God can be our best friend. He will listen to all our needs and answer.

Ask: What answer might we receive from God?

God may answer "yes," "no," or "wait." In this case, Jesus asked if He had to die. Jesus was willing to do whatever God wanted. God encouraged Him, but let Him know that this was the only way to help us.

Jesus had an incredible love for us. He willingly died in our place. He took our place for all our mistakes, so that we can go to Heaven and be with God if we trust Jesus and believe in Him.

Ask: Would you like to invite Jesus to be a part of your life?

Romans 10:9-10

That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Romans 10:9-10 tell us that we need to do two things. First, we have to confess with our mouth that Jesus Christ is Lord. Second, we have to believe in our heart that God has raised Him from the dead. Then we will be saved and we will have a new life.