

**Watch and Pray**  
**Matthew 26:31-46**

Main Point:

Since your spirit is willing but your flesh is weak, watch and pray.

1. Like the disciples, when it comes to trials and temptation, it's easy to think you won't succumb.

2. But what you can't forget is that, while your spirit may be willing, your flesh is weak.

3. In order to avoid succumbing to trials and temptation, you must watch and pray.

4. You will be strengthened as you do so because Jesus perfectly watched and prayed on your behalf.

**Galatians 5:17** <sup>17</sup> For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. (NKJV)

**1 Corinthians 10:12** <sup>12</sup> Therefore let him who thinks he stands take heed lest he fall. (NKJV)

**John Owen** "If we do not abide in prayer, we will abide in temptation."

**Colossians 4:2** <sup>2</sup> Continue steadfastly in prayer, being watchful in it with thanksgiving. (ESV)

**Isaiah 51:17** <sup>17</sup> Wake yourself, wake yourself, stand up, O Jerusalem, you who have drunk from the hand of the LORD the cup of his wrath, who have drunk to the dregs the bowl, the cup of staggering. (ESV)

**Thabiti Anyabwile** "In Gethsemane, Jesus ... [faced] *all* God's wrath against *all* the evil and sin committed by *all* His people throughout *all* time."

**R.C. Sproul** "The intensity of His prayer was such that the capillaries in His forehead burst. Before the crown of thorns was ever put on His brow, rivulets of blood cascaded down His cheeks as He wrestled with His sorrow over the suffering He faced."

**Hebrews 4:15-16** <sup>15</sup> For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin. <sup>16</sup> Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. (NKJV)