



Matthew 26:36-46

Matt. 26:36 Then Jesus came with them to a place called Gethsemane (“oil press”), and said to the disciples, “Sit here while I go and pray over there.”

Matt. 26:37 And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed.

Matt. 26:38 Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”

Matt. 26:39 He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.”

Matt. 26:40 Then He came to the disciples and found them sleeping, and said to Peter, “What! Could you not watch with Me one hour?”

Matt. 26:41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Matt. 26:42 Again, a second time, He went away and prayed, saying, “O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done.”

Matt. 26:43 And He came and found them asleep again, for their eyes were heavy.

Matt. 26:44 So He left them, went away again, and prayed the third time, saying the same words.

Matt. 26:45 Then He came to His disciples and said to them, “Are you still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners.

Matt. 26:46 Rise, let us be going. See, My betrayer is at hand.”

Observations & Discussion

1. To understand what Jesus experienced the night before His crucifixion it's important to recognize that He, and we, are made up of three parts. Read 1Thessalonias 5:23 and list below the three parts.
2. Read vss. 37-38 and in the space below record Matthew's description of Jesus' emotional state and what Jesus said He was feeling that night.
3. Based on the text we're studying why do you think Jesus was suffering so much mental anguish?
4. Note that the battle Jesus experienced that night took place in His mind (a battle between His Spirit and His body). What was Jesus wrestling over? What was at stake?
5. After reading this account how would you respond to a person who told you that they believe that they don't need Jesus, and that they can work their way to Heaven by doing good works?
6. Look carefully at how Jesus prayed. What are the key elements from His example that you can apply to your prayer life?
7. Have you ever experienced the kind of mental anguish that Jesus did? What did you learn from Jesus' example about how to deal with that kind of distress?