

Prayer in Gethsemane

Matthew 26:36-46

As Jesus ate the Passover with His disciples, we sensed His burden. Now it seems to be almost crushing Him. *“My soul is overwhelmed with sorrow to the point of death”* (Matthew 26:38, NIV). Physically, He is facing extended torture and an excruciating death. Emotionally, He is already under tremendous pressure, and soon complete isolation and humiliation will be added. Spiritually, He is about to experience a sense of separation from the Father Who has been His constant companion and strength.

It is Jesus' final hour or hours before His arrest. How does He spend them? He prays. His life has been filled with prayer. He has seemed in almost constant communication with His Father. He came to pray in Gethsemane so regularly that Judas knew where to find Him, even though he had left during the meal. What can we learn about Jesus from His prayer in Gethsemane?

- When burdened or pressured, pray. Jesus didn't resort to recreation or diversion or bodily rest. He prayed.
- He was honest with God about His feelings. *“Father, if it is possible, may this cup be taken from me”* (v. 39, NIV).
- It's OK to struggle, IF we keep our eyes on the Father and continue to trust Him and stay committed to Him.
- You may have heard people say that we're supposed to give our concerns to God in prayer, then leave them there; don't ever go back to them. But here Jesus kept coming back, repeating the same prayer. Some burdens are so heavy that we can't just pray about them once and forget them. They keep pressing on our minds and emotions. Jesus' example teaches us to keep bringing our concerns to God whenever they come to mind. That's not doubt. It's faith.
- *“Your will be done”* in verse 42 (NIV) is the exact same Greek phrase used in the Lord's Prayer in Matthew 6:10. Jesus modeled and lived out the Lord's Prayer. The Lord's Prayer isn't just words. It is an attitude toward God, a relationship with Him, a lifestyle. If you want to understand its meaning for life, look to Jesus.
- *“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak”* (v. 41, NIV). When Jesus' hour of trial came, He was ready. The disciples, who slept instead of praying, crumbled. Watch and pray.
- When every fiber of Jesus' being was screaming to run the other way, He submitted because He remained focused on the Father and continued to trust Him. We can too.

Hymn: [A Garden in the Night \(BOYLSTON\)](#)