

Watch and Pray

Are you asleep?...Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. (Mark 14:37-38, NIV)

Jesus was in His most difficult hour. He wanted His disciples to be with Him and pray with Him.

Further, the disciples were facing their own difficult time, though they didn't know it. They needed to be alert and praying. They needed to be ready. But they were drowsy and slept on through.

Lord, I know about heavy eyes and drowsiness. I know that my spirit is willing but my body is weak.

*Jesus,
temptation is near.
Keep me alert, and
keep me praying.*

Hymn: [Keep Us from All Evil](#)

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