LESSON NINE - A Lesson on Prayer

Text

**MATTHEW 26:36-45 - 36**Then Jesus \*came with them to a place called Gethsemane, and \*said to His disciples, “Sit here while I go over there and pray.” **37**And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed. **38**Then He \*said to them, “My soul is deeply grieved, to the point of death; remain here and keep watch with Me.” **39**And He went a little beyond *them*, and fell on His face and prayed, saying, “My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.” **40**And He \*came to the disciples and \*found them sleeping, and \*said to Peter, “So, you *men* could not keep watch with Me for one hour? **41**Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.” **42**He went away again a second time and prayed, saying, “My Father, if this cannot pass away unless I drink it, Your will be done.” **43**Again He came and found them sleeping, for their eyes were heavy. **44**And He left them again, and went away and prayed a third time, saying the same thing once more. **45**Then He \*came to the disciples and \*said to them, “[[a](https://www.biblegateway.com/passage/?search=MATTHEW+26%3A36-45&version=NASB1995#fen-NASB1995-24100a)]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.

**MARK 14:32-42 - 32**They \*came to a place named Gethsemane; and He \*said to His disciples, “Sit here until I have prayed.” **33**And He \*took with Him Peter and [[a](https://www.biblegateway.com/passage/?search=MARK+14%3A32-42&version=NASB1995#fen-NASB1995-24788a)]James and John, and began to be very distressed and troubled. **34**And He \*said to them, “My soul is deeply grieved to the point of death; remain here and keep watch.” **35**And He went a little beyond *them*, and fell to the ground and *began* to pray that if it were possible, the hour might [[b](https://www.biblegateway.com/passage/?search=MARK+14%3A32-42&version=NASB1995#fen-NASB1995-24790b)]pass Him by. **36**And He was saying, “Abba! Father! All things are possible for You; remove this cup from Me; yet not what I will, but what You will.” **37**And He \*came and \*found them sleeping, and \*said to Peter, “Simon, are you asleep? Could you not keep watch for one hour? **38**Keep watching and praying that you may not come into temptation; the spirit is willing, but the flesh is weak.” **39**Again He went away and prayed, saying the same [[c](https://www.biblegateway.com/passage/?search=MARK+14%3A32-42&version=NASB1995#fen-NASB1995-24794c)]words. **40**And again He came and found them sleeping, for their eyes were very heavy; and they did not know what to answer Him. **41**And He \*came the third time, and \*said to them, “[[d](https://www.biblegateway.com/passage/?search=MARK+14%3A32-42&version=NASB1995#fen-NASB1995-24796d)]Are you still sleeping and resting? It is enough; the hour has come; behold, the Son of Man is being [[e](https://www.biblegateway.com/passage/?search=MARK+14%3A32-42&version=NASB1995#fen-NASB1995-24796e)]betrayed into the hands of sinners. **42**Get up, let us be going; behold, the one who betrays Me is at hand!”

**LUKE 22:39-46 - 39**And He came out and proceeded as was His custom to the Mount of Olives; and the disciples also followed Him. **40**When He arrived at the place, He said to them, “Pray that you may not enter into temptation.” **41**And He withdrew from them about a stone’s throw, and He knelt down and *began* to pray, **42**saying, “Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.” **43**[[a](https://www.biblegateway.com/passage/?search=LUKE+22%3A39-46&version=NASB1995#fen-NASB1995-25908a)]Now an angel from heaven appeared to Him, strengthening Him. **44**And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground. **45**When He rose from prayer, He came to the disciples and found them sleeping from sorrow, **46**and said to them, “Why are you sleeping? Get up and pray that you may not enter into temptation.”

**Overview**

On the night of His betrayal, the Lord Jesus Christ took His disciples Peter, James, and John into the Garden of Gethsemane. Through His own example and by exposing their own weakness, He taught them a lesson on prayer.

**Lesson Goals**

At the conclusion of this lesson, students should:

1. Understand the necessity of an intimate prayer life.

2. Realize that hindrances to prayer often stem from our own fleshly weaknesses.

3. Choose to cultivate a faithful and fervent prayer life with the help of the Lord.

**Teaching Outline**

**1. Jesus Sorrowed**

A. The request to watch

B. The request to pray

**2. The Disciples Slept**

A. The willingness of the spirit

B. The weakness of the flesh

**3. The Disciples Silenced**

A. The heaviness was strong.

B. The hour was come.

**HEBREWS 4:14-15 - 14**Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. **15**For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are, yet* without sin.

**ISAIAH 53:3 -** He was despised and forsaken of men, A man of [[a](https://www.biblegateway.com/passage/?search=ISAIAH+53%3A3&version=NASB1995#fen-NASB1995-18715a)]sorrows and acquainted with [[b](https://www.biblegateway.com/passage/?search=ISAIAH+53%3A3&version=NASB1995#fen-NASB1995-18715b)]grief; And like one from whom men hide their face He was despised, and we did not esteem Him.

**HEBREWS 7:24-25 - 24**but Jesus, on the other hand, because He continues forever, holds His priesthood permanently. **25**Therefore He is able also to save [[a](https://www.biblegateway.com/passage/?search=HEBREWS+7%3A24-25&version=NASB1995#fen-NASB1995-30090a)]forever those who draw near to God through Him, since He always lives to make intercession for them

In **1 Peter 4:7 -**The end of all things [[a](https://www.biblegateway.com/passage/?search=1+Peter+4%3A7&version=NASB1995#fen-NASB1995-30454a)]is near; therefore, be of sound judgment and sober *spirit* for the purpose of [[b](https://www.biblegateway.com/passage/?search=1+Peter+4%3A7&version=NASB1995#fen-NASB1995-30454b)]prayer.

**LUKE 22:40 - 40**When He arrived at the place, He said to them, “Pray that you may not enter into temptation.”

**1 THESSALONIANS 5:17 -** 17 Pray without ceasing ..

**LUKE 18:1 -**Now He was telling them a parable to show that at all times they ought to pray and not to lose heart,

**LUKE21:36 - 36**But keep on the alert at all times, praying that you may have strength to escape all these things that are about to take place, and to stand before the Son of Man.”

**ROMANS 12:12 - 2**rejoicing in hope, persevering in tribulation, devoted to prayer,

**EPHESIANS 6:18 - 18**[[a](https://www.biblegateway.com/passage/?search=EPHESIANS+6%3A18&version=NASB1995#fen-NASB1995-29356a)]With all prayer and petition [[b](https://www.biblegateway.com/passage/?search=EPHESIANS+6%3A18&version=NASB1995#fen-NASB1995-29356b)]pray at all times in the Spirit, and with this in view, [[c](https://www.biblegateway.com/passage/?search=EPHESIANS+6%3A18&version=NASB1995#fen-NASB1995-29356c)]be on the alert with all perseverance and petition for all the saints,

**COLOSSIANS 4:2 - 2**Devote yourselves to prayer, keeping alert in it with *an attitude of* thanksgiving;

**1 PETER4:7 7**The end of all things [[a](https://www.biblegateway.com/passage/?search=1+PETER4%3A7&version=NASB1995#fen-NASB1995-30454a)]is near; therefore, be of sound judgment and sober *spirit* for the purpose of [[b](https://www.biblegateway.com/passage/?search=1+PETER4%3A7&version=NASB1995#fen-NASB1995-30454b)]prayer.

**1 CHRONICLES 28:9 - 9**“As for you, my son Solomon, know the God of your father, and serve Him with [[a](https://www.biblegateway.com/passage/?search=1+CHRONICLES+28%3A9&version=NASB1995#fen-NASB1995-11153a)]a whole heart and a willing [[b](https://www.biblegateway.com/passage/?search=1+CHRONICLES+28%3A9&version=NASB1995#fen-NASB1995-11153b)]mind; for the Lord searches all hearts, and understands every intent of the thoughts. If you seek Him, He will let you find Him; but if you forsake Him, He will reject you forever.

**MARK 12:41-44 - 41**And He sat down opposite the treasury, and *began* observing how the people were putting [[a](https://www.biblegateway.com/passage/?search=MARK+12%3A41-44&version=NASB1995#fen-NASB1995-24715a)]money into the treasury; and many rich people were putting in large sums. **42**A poor widow came and put in two [[b](https://www.biblegateway.com/passage/?search=MARK+12%3A41-44&version=NASB1995#fen-NASB1995-24716b)]small copper coins, which amount to a [[c](https://www.biblegateway.com/passage/?search=MARK+12%3A41-44&version=NASB1995#fen-NASB1995-24716c)]cent. **43**Calling His disciples to Him, He said to them, “Truly I say to you, this poor widow put in more than all [[d](https://www.biblegateway.com/passage/?search=MARK+12%3A41-44&version=NASB1995#fen-NASB1995-24717d)]the contributors to the treasury; **44**for they all put in out of their [[e](https://www.biblegateway.com/passage/?search=MARK+12%3A41-44&version=NASB1995#fen-NASB1995-24718e)]surplus, but she, out of her poverty, put in all she owned, [[f](https://www.biblegateway.com/passage/?search=MARK+12%3A41-44&version=NASB1995#fen-NASB1995-24718f)]all she had to live on.”

**ROMANS 7:14-25 - The Conflict of Two Natures - 14**For we know that the Law is spiritual, but I am of flesh, sold [[a](https://www.biblegateway.com/passage/?search=ROMANS+7%3A14-25&version=NASB1995#fen-NASB1995-28106a)]into bondage to sin. **15**For what I am doing, I do not understand; for I am not practicing what I *would* like to *do*, but I am doing the very thing I hate. **16**But if I do the very thing I do not want *to do*, I agree with the Law, *confessing* that the Law is good. **17**So now, no longer am I the one doing it, but sin which dwells in me. **18**For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good *is* not. **19**For the good that I want, I do not do, but I practice the very evil that I do not want. **20**But if I am doing the very thing I do not want, I am no longer the one doing it, but sin which dwells in me. **21**I find then the [[b](https://www.biblegateway.com/passage/?search=ROMANS+7%3A14-25&version=NASB1995#fen-NASB1995-28113b)]principle that evil is present in me, the one who wants to do good.**22**For I joyfully concur with the law of God [[c](https://www.biblegateway.com/passage/?search=ROMANS+7%3A14-25&version=NASB1995#fen-NASB1995-28114c)]in the inner man, **23**but I see a different law in [[d](https://www.biblegateway.com/passage/?search=ROMANS+7%3A14-25&version=NASB1995#fen-NASB1995-28115d)]the members of my body, waging war against the law of my mind and making me a prisoner [[e](https://www.biblegateway.com/passage/?search=ROMANS+7%3A14-25&version=NASB1995#fen-NASB1995-28115e)]of the law of sin which is in my members. **24**Wretched man that I am! Who will set me free from [[f](https://www.biblegateway.com/passage/?search=ROMANS+7%3A14-25&version=NASB1995#fen-NASB1995-28116f)]the body of this death? **25**Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin.

**GALATIANS 5:17 -** For the flesh [[a](https://www.biblegateway.com/passage/?search=GALATIANS+5%3A17&version=NASB1995#fen-NASB1995-29180a)]sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you [[b](https://www.biblegateway.com/passage/?search=GALATIANS+5%3A17&version=NASB1995#fen-NASB1995-29180b)]please

**PSALM 73:26 -** My flesh and my heart may fail, But God is the [[a](https://www.biblegateway.com/passage/?search=PsALM73%3A26&version=NASB1995#fen-NASB1995-15047a)]strength of my heart and my portion forever.

**ISAIAH 40:28-31 -** Do you not know? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth

Does not become weary or tired. His understanding is inscrutable. **29**He gives strength to the weary, And to *him who* lacks might He increases power. **30**Though youths grow weary and tired, And vigorous young men stumble badly, **31**Yet those who [[a](https://www.biblegateway.com/passage/?search=ISAIAH+40%3A28-31&version=NASB1995#fen-NASB1995-18452a)]wait for the Lord Will gain new strength; They will [[b](https://www.biblegateway.com/passage/?search=ISAIAH+40%3A28-31&version=NASB1995#fen-NASB1995-18452b)]mount up *with* [[c](https://www.biblegateway.com/passage/?search=ISAIAH+40%3A28-31&version=NASB1995#fen-NASB1995-18452c)]wings like eagles, They will run and not get tired, They will walk and not become weary.

**STUDY QUESTIONS**

1. Who did Jesus bring to the Garden of Gethsemane?

2. What do we too need to if we want to learn and grow?

3. What is the job of a watchman?

4. As long as we are in the world, we will have constant conflict between the \_\_\_\_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_.

5. How often are we to pray?

6. What might you be unwilling to give up for Jesus?

7. Are you willing to do whatever you can, with whatever you have, whenever it's needed, wherever you are?

8. What is one unavoidable aspect of missed opportunities? That we may not even realize what opportunities have been missed!

**MEMORY VERSE**

The end of all things is near; therefore, be of sound judgment and sober *spirit* for the purpose of prayer.

1 PETER 4:7