

“*Could you not keep watch for one hour?*”

Mark 14:32-42 (NIV)

³² They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray."³³ He took Peter, James and John along with him, and he began to be deeply distressed and troubled.³⁴ "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

³⁵ Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him.³⁶ "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

³⁷ Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? **Could you not keep watch for one hour?**"³⁸ Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

³⁹ Once more he went away and prayed the same thing.⁴⁰ When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

⁴¹ Returning the third time, he said to them, "Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is betrayed into the hands of sinners.

⁴² Rise! Let us go! Here comes my betrayer!"



MESSAGE NOTES

INTRO: *Drowsy at Kekela*

WHY DO WE FALL ASLEEP SPIRITUALLY?

1. WE DO NOT COMPREHEND THE CUP JESUS DRANK.

2 Corinthians 5:21 (ESV) *For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.*

Revelation 14:10 (ESV) *He also will drink the wine of God's wrath, poured full strength into the cup of his anger, and he will be tormented with fire and sulfur in the presence of the holy angels and in the presence of the Lamb.*

2. WE FACE TEMPTATION IN OUR OWN STRENGTH.

Are we sleeping when we should be awake?

Are we complacent?

Are we awake when we should be sleeping?

Are we controlling?

John 3:36 (ESV) *Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him.*

SMALL GROUP QUESTIONS

1. When has someone's prayer request changed the way you prayed for them?
2. How open are you to prayer in your daily life? Why?
3. Who is your closest and most important companion? Why?
4. Describe a time when you experienced the love and friendship of God in a profound way.
5. How would you describe the will of God for your life?
6. How well are you following and trusting in God's will? Why?
7. Jesus faces torture and separation from his Abba out of love for us. Create a brief illustration (verbal or drawn) which explains why Jesus does this for us.