

#1

"Could you not watch one hour with me?"

Jesus was a man of prayer.

Often Jesus retreated from the crowds for prayer. In His prayer life Jesus found the refreshing and renewing that was necessary to fulfill His ministry.

His disciples had observed the careful deliberate prayer of the Lord.

It was after the Last Supper when Jesus was wrestling with the passion that He must undergo.

This time when Jesus went to pray He asked Peter, James, and John to come aside with Him.

#2

Matthew 26:36-45 (NKJV) Then Jesus came with them to a place called Gethsemane, and said to the disciples, "Sit here while I go and pray over there." And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed.

#3

Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch with Me." 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."

#4

Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

#5

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." And He came and found them asleep again, for their eyes were heavy.

#6

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

The Disciples were overcome with sleep while Jesus is wrestling with the passion He must undergo.

His words are filled with the pain and agony of the sufferings He was to face.

Jesus asked His small group to keep watch with Him.

#7

Could you not watch one hour with me?

I find it interesting that the King of Glory wanted and needed others to watch with Him.

What does it do just to have someone watch with you?

It is a terrible thing to go into great distress and anguish of soul and have to stand alone.

Jesus felt a need to have someone watch with Him.

Jesus asked for help in His crises.

The Garden Prayer should have prepared the disciples for what was coming.

What were they doing instead of praying?

When they should have been watching and praying they were sleeping.

This is one of the major methods the enemy uses to attack us when we should be watching and praying.

It appears that they fell into a state of listlessness.

#8 **Matthew 26:40-41 (NKJV)** Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me one hour? Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak."

Could you not watch with Me one hour?

This was a minimal request from their Lord.

When you consider the situation and their relationship. Relationship should have mandated this reaction.

There is insight here for Peter and for us.

Why did Jesus ask them to watch and pray one hour?

Jesus knew what was about to happen.

He had prayed for them that their faith would not fail.

Jesus had warned Peter and the others of the dangers that were coming.

Either they underestimated the danger or over estimated their strength.

The fatigue and stress of the moment drew them into sleep.

They found it difficult to focus on the urgency that was before them.

The spirit is willing, but the body is weak.

According to what Jesus was telling them, prayer in the hour of testing is crucial.

#9 ***Here are three principles:***

1. ***Prayer provides strength for the believer.***

Jesus prayed when facing imminent trouble.

Peter, James, and John slept in the face of trouble.

We are strengthened through prayer.

#10

2. *Human confidence is weakest in the hour of testing.*

The most impressive thing we can do is depend on God through prayer.

“Jesus prayed: ‘This cup is hard to drink... not my will but yours.’”

God I want your will more than my comfort.

#11

3. *Praying and watching the Lord's way will prepare us for whatever is ahead.*

The prayer time should be sufficient or equal to the need or crisis.

One of our greatest challenges is remaining as intensely focused as we should be.

#12

Luke 21:36 (NIV) Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.”

This is an important message from the Lord.

Instead of going it on our own, we must learn to fall on our faces before the Lord and cry out for help.

Jesus asked: "Could you not watch one hour with me?"