

# Despondency in Gethsemane

**Matthew 26: 36-46**



# Crisis points







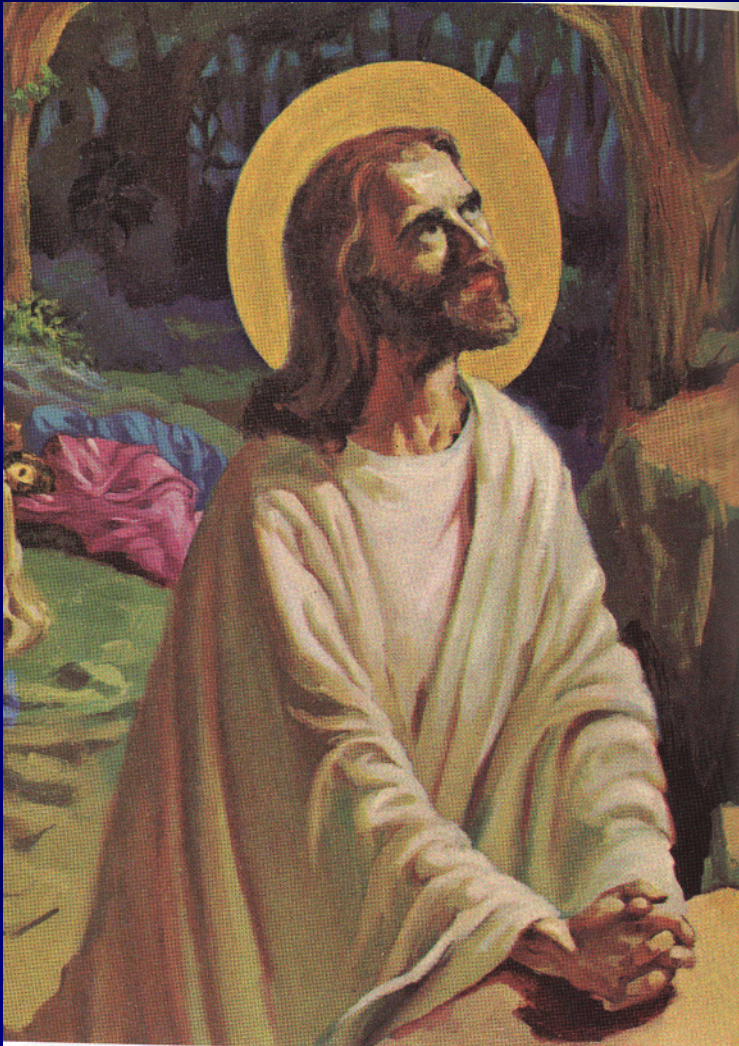
36 Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."





37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.  
38 Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

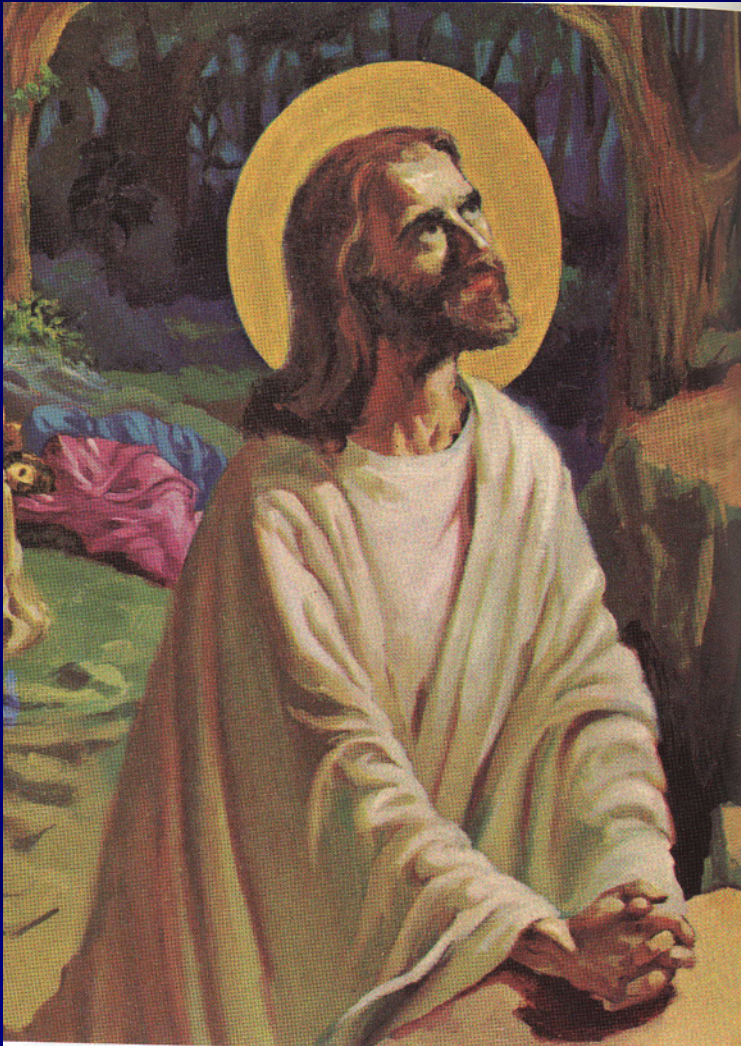
# Why was Jesus despondent?



## ■ Fear of physical death?

JN 12:27 "Now my heart is troubled, and what shall I say? `Father, save me from this hour'? No, it was for this very reason I came to this hour.

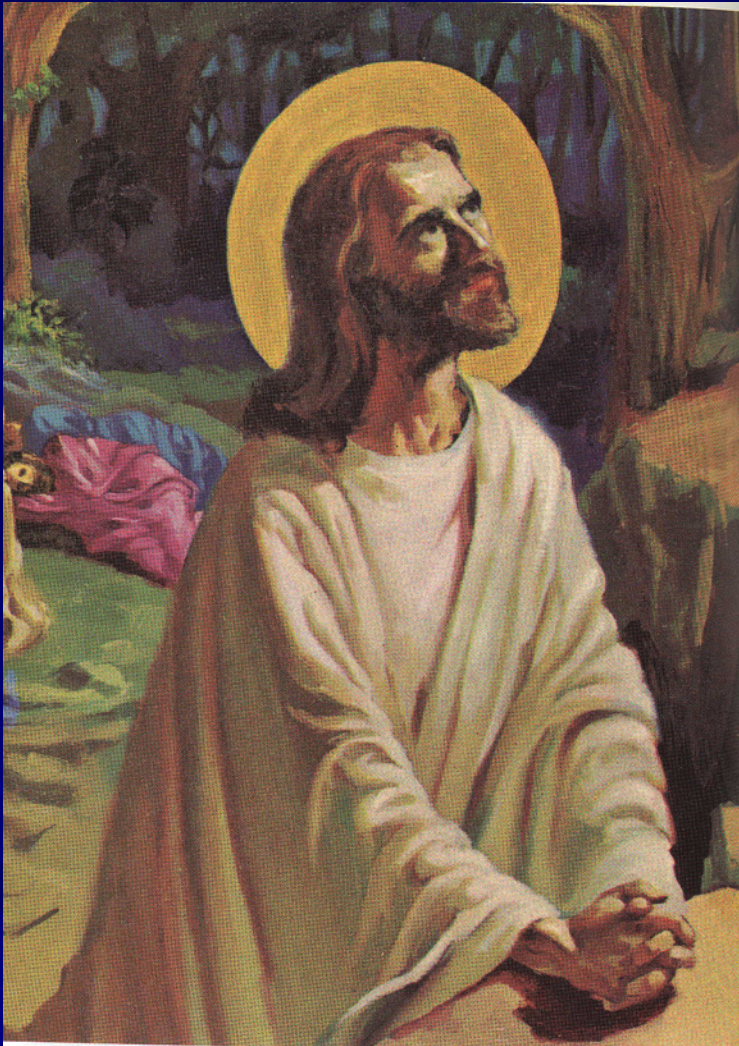
# Why was Jesus despondent?



- Fear of taking on the sins of the world and facing his Father's wrath



# Why was Jesus despondent?



- Fear of taking on the sin of the world and facing his Father's wrath
- Satan's temptations



# Spiritual warfare



Matt 4:11 Then the devil left him, and angels came and attended him.

Luke 4:13 When the devil had finished all this tempting, he left him until an opportune time.



39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."



40 Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. 41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."





42 He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

# Jesus' first, second prayers

(1) "My Father, if it is possible, may this cup be taken from me.  
Yet not as I will, but as you will."

(2) "My Father, if it is not possible for this cup to be taken away  
unless I drink it, may your will be done."



43 When he came back, he again found them sleeping, because their eyes were heavy. 44 So he left them and went away once more and prayed the third time, saying the same thing.



# Jesus' first, second and third prayers

(1) "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

(2) "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

(3) "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."



45 Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour is near, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us go! Here comes my betrayer!"

## Lessons for us



1. Spiritual warfare is ongoing
2. We are to be watchful
3. We are to watch and pray



# 1. Spiritual warfare is ongoing

- There is a ongoing battle for our minds and souls
- What we allow into our minds

PHP 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

# 1. Spiritual warfare is ongoing

- There is a ongoing battle for our minds and souls
- What we allow into our minds
- What we feed our minds



## 2. We are to be watchful

- To watch means to know the will of God
- Not a sin to react (appropriate) emotionally
- Watch with friends
- Make the right decisions



# 3. We are to watch and pray

- We are weak
- We are only strong through prayers



Jesus' temptation in Gethsemane is the crisis point in salvation history and encourages us to watch and pray.