



Prayerful Lessons From Gethsemane

Matthew 26:36-46

4 Prayerful Lessons from Gethsemane

1. Honesty
2. Humility
3. Honor
4. Hope

The Necessity of Honesty in Prayer

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◆ **Matthew 26:38-39** - 38 Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” 39 And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”

The Necessity of Honesty in Prayer

- ◆ We should follow the example of Jesus. Do not hold back in your requests but pour out your heart. All your fears, pain, and anxiety.
- ◆ **Philippians 4:5(b)-7** - The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

The Humanity of Jesus

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- ◆ **Matthew 26:39(a)** - “My Father, if it be possible, let this cup pass from me...”
- ◆ Jesus Understands Our Struggles and Pain
- ◆ **Hebrews 4:15** - For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

Humility in Prayer

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Two Keys to Humility in Prayer

1. Obedience
2. Submission

3 Prayers of Jesus

◆ The First Prayer

◆ **Matthew 26:39** - 39 And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”

3 Prayers of Jesus

◆ Second Prayer

◆ **Matthew 26:42** - 42 Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.”

3 Prayers of Jesus

◆ Third Prayer

- ◆ **Matthew 26:44** - 44 So, leaving them again, he went away and prayed for the third time, saying the same words again.
- ◆ Jesus' prayer in Gethsemane is consistent with when He taught his disciples how to pray with the Lord's Prayer.
- ◆ **Matthew 6:10** – Your kingdom come, your will be done, on earth as it is in heaven.

Honor God In Prayer

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- ◆ Jesus reminded us of the cost of following Him.
- ◆ **Matthew 16:24-25** - 24 Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. 25 For whoever would save his life will lose it, but whoever loses his life for my sake will find it.”

Honor God in Prayer

- ◆ The prayers of Jesus in the Gethsemane provided Him the strength to Honor His Father when the time of betrayal arrived.
- ◆ **Matthew 26:45-46** - 45 Then he came to the disciples and said to them, “Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us be going; see, my betrayer is at hand.”

Hope in Prayer

Hope in Prayer

- ◆ **2 Corinthians 4:8-10** - 8 We are afflicted in every way, but not crushed; perplexed, but not driven to despair; 9 persecuted, but not forsaken; struck down, but not destroyed; 10 always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.
- ◆ **John 16:33** - 33 I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”