



Facing suffering-

Prayer at Gethsemane

Date: 26 October 2025
Theme: Gospel of Mark
Passage: Mark 14:32-42

MARK 14 Gethsemane



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? Couldn’t you keep watch for one hour?”

³⁸ Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

MARK 14

³⁹ Once more he went away and prayed the same thing.

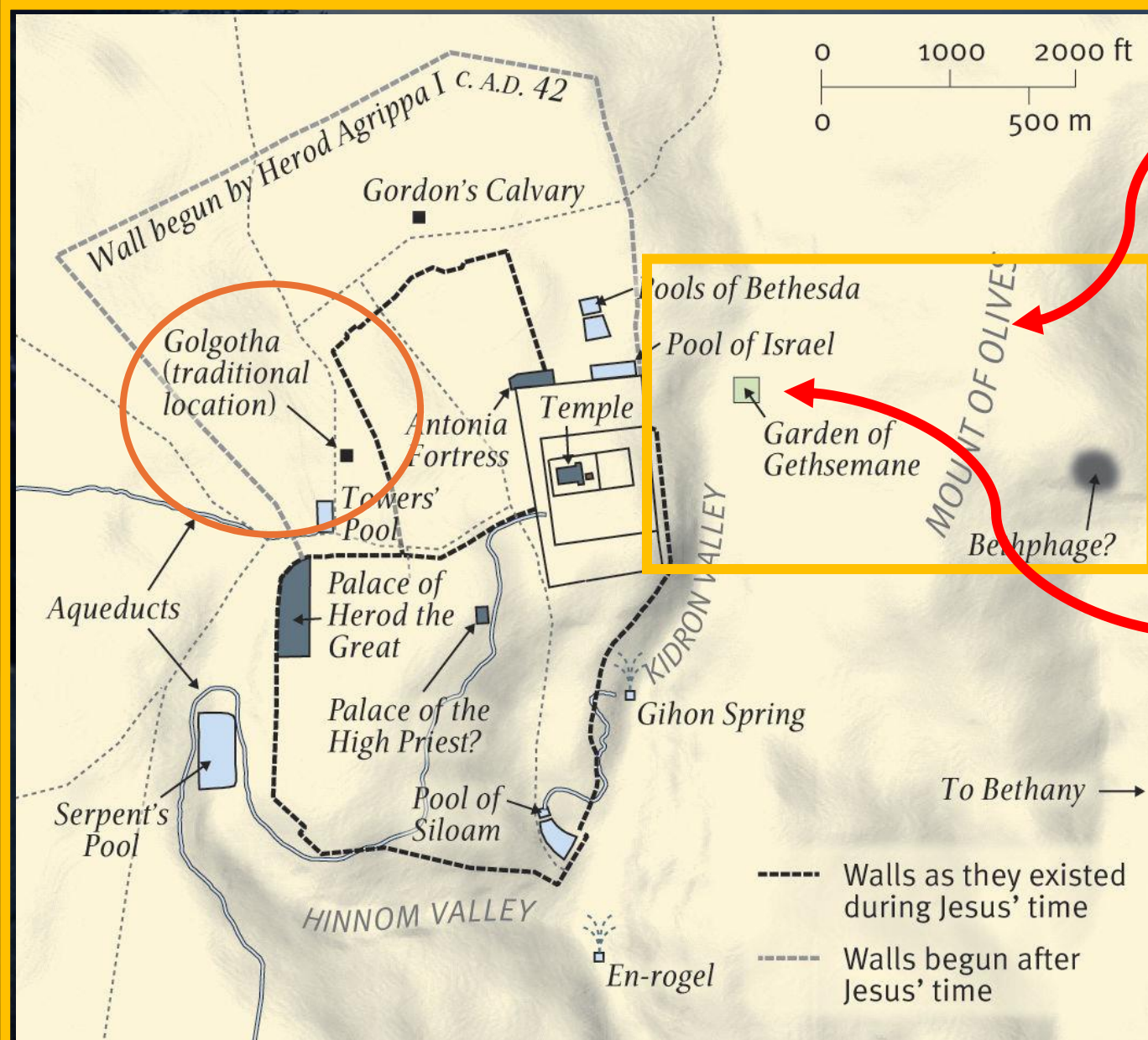
⁴⁰ When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

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 delivered into the hands of sinners.

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

Key Verse: MARK 14:36





Mount of Olives



Garden of Gethsemane

Mark 14:34 "My soul is overwhelmed with sorrow to the point of death"

Gethsemane ('oil press')
- Where love and sorrow meets
- Call to "Watch and Pray"

1(a) Jesus calls for spiritual vigilance

Jesus prioritises prayer in crisis:

- Pray with Me
 - Jesus tells His disciples, *"Sit here while I pray"* (v32)
- Stay Alert
 - *"Stay here and keep watch"* (v34), emphasizing the need for spiritual vigilance.
- Watch and Pray
 - *so that you will not fall into temptation"* (v38)
 - highlights prayer to resist temptation.

Watch and pray, that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.

MARK 14:38



Key Contrasts

Aspect	Jesus	Disciples
In a Crisis	Turns to prayer	Fall asleep
Emotional posture	Transparent and sorrowful	Passive and unaware
Prayer focus	Persistent and 'surrendered'	Distracted and disengaged
Call to action	'Watch & Pray'	Fail to 'Watch & Pray'
Outcome	Strengthened for obedience	Unprepared for coming trials

The call to every believer

In our moment of struggle and weakness, come ...
enter into prayer.

This moment in Gethsemane isn't just for the
disciples—it's for us.

Jesus' calls us to “watch and pray”

- In moments of sorrow, temptation, or decision
- **Prayer is not optional. It is essential.**

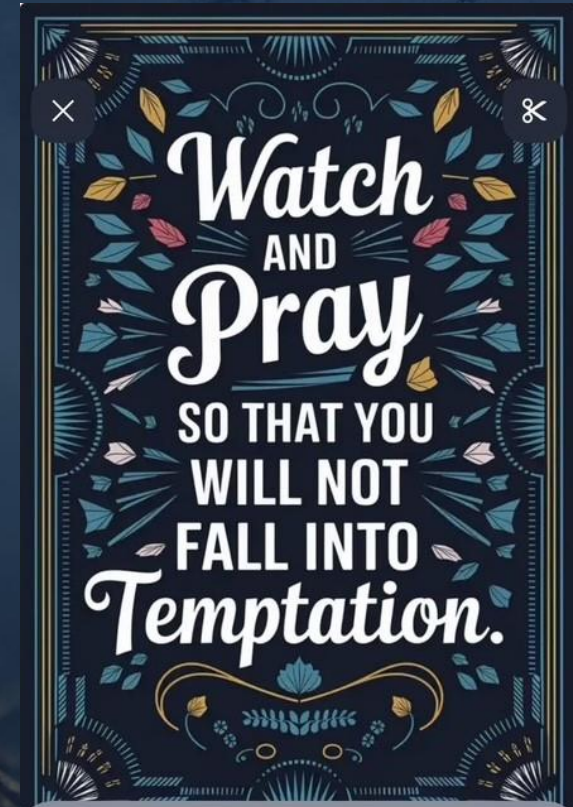
Do not be anxious
about anything,
but in every situation,
by prayer and petition,
with thanksgiving,
present your requests to God.
And the peace of God,
which transcends all understanding,
will guard your hearts and
your minds in Christ Jesus.

Philippians 4:6-7 NIV

2. Jesus models how to face suffering

Three vital truths that Jesus models for us in Gethsemane:

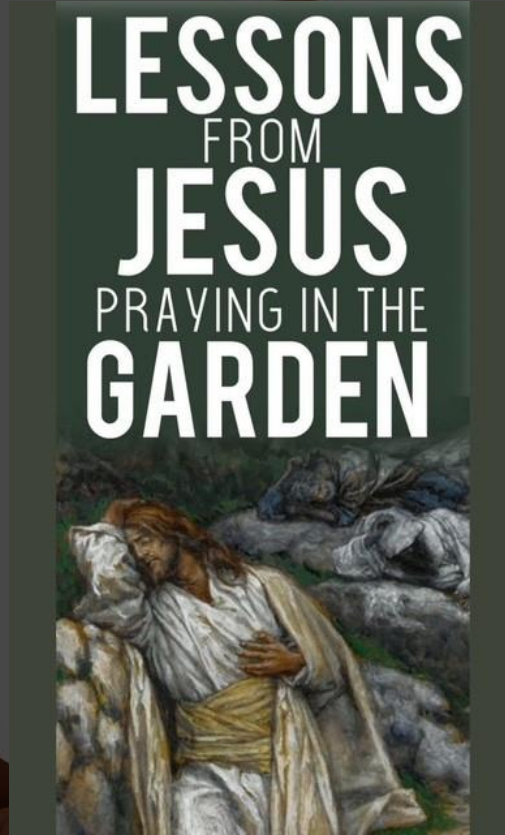
- (i) In Times of Sorrow, We Must Go to Prayer
- (ii) We Must Pray to Overcome Temptation
- (iii) We Must Pray to Receive Grace



2. Jesus models how to face suffering

(i) In Times of Sorrow, we Must Go to Prayer

- Jesus was “*deeply distressed and troubled.*” He was “*overwhelmed with sorrow to the point of death.*” (Mark 14:33-34)



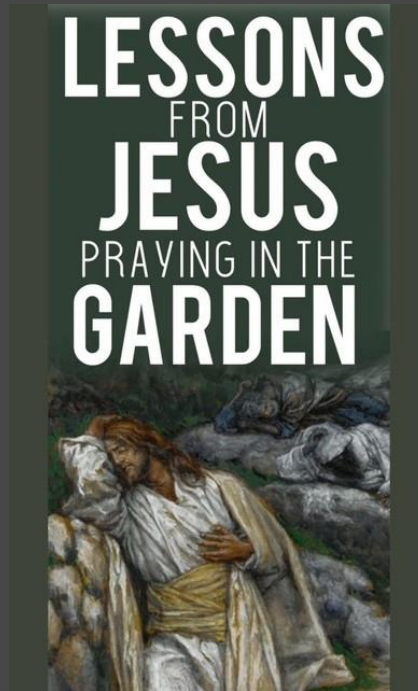
Yet in that crushing moment, Jesus didn't run. He prayed.

“Abba, Father... everything is possible for You. Take this cup from Me. Yet not what I will, but what You will.”
(Mark 14:36)

2. Jesus models how to face suffering

(ii) We must pray to overcome temptation

“Could you not watch one hour? Watch and pray that you may not enter into temptation.”
(Mark 14:37)



Jesus had warned them:
“Pray that you will not fall into temptation.” (Luke 22:40)

- But they didn't listen. 3 times He found them asleep
- And soon after, Peter would deny Him three times.

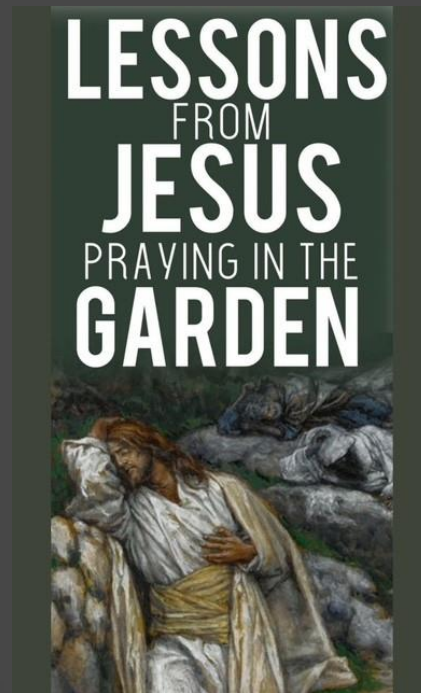
NO Prayer leads to NO Power!!

2. Jesus models how to face suffering

(iii) We must pray to receive grace

After Jesus prays, something shifts.

- He rises with authority:
“Rise! Let us go! Here comes my betrayer.”
(Mark 14:42)



When we surrender to the Father's will, by the grace of God we come out victorious
- And God sent an angel to strengthen Him.

The disciples slept and failed when testing came

What are you facing today?

- Is it sorrow? - Temptation?
- A decision that feels too heavy to carry?

Then go to Gethsemane.

- Not just to observe Jesus but to follow Him.

trust that God's plans are perfect, even when they differ from your own.
(Proverbs 3:5-6)



seek God's guidance in prayer, asking for His will to be revealed in your life.
(James 1:5)

Release the need for control and allow God to be in charge.
(Proverbs 19:21)



HOW TO SURRENDER TO GOD'S WILL

@forallussthroughhim



accept correction and redirection from God with humility and openness.
(Hebrews 12:11)

cast your anxieties on God and trust Him with your concerns.
(Philippians 4:6-7)



acknowledge God's sovereignty over all aspects of your life.
(Isaiah 55:8-9)

In sorrow?

- Pray.

In temptation?

- Pray to overcome

In weakness?

- Pray for grace.

Because the same God who met Jesus in the garden is ready to meet you.



My Testimony

2 Chronicles 20:17

“You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you... Do not be afraid; do not be discouraged.”



Jeremiah 39:17-18
assured me:

***“I will rescue you...
you will not be
given into the
hands of those you
fear.”***

My Testimony

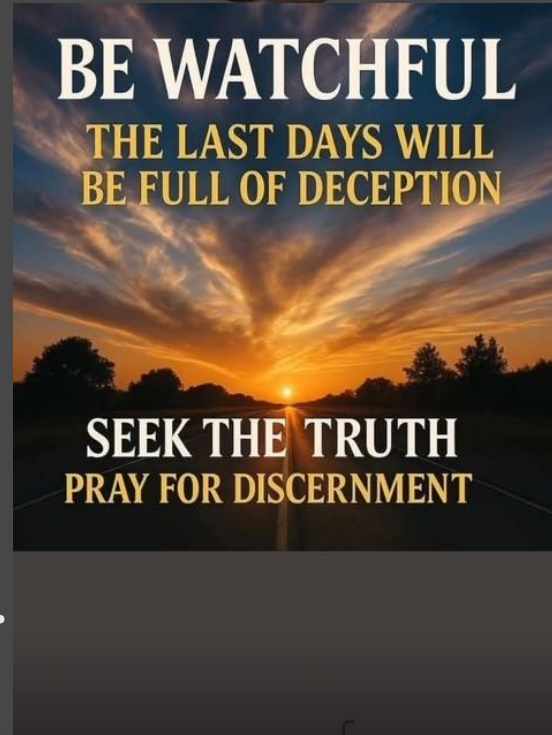


At that time I will gather you; at
that time I will bring you home. I
will give you honor and praise
among all the peoples of the
earth when I restore your
fortunes before your very eyes,”
says the Lord. .
Zephaniah 3:20

3. “Watch and Pray” in the End Times

“Watch and pray so that you will not fall into temptation.”
(Mark 14:38)

- Jesus is saying to us today:
Don't be found sleeping



Scripture repeats this call:

- *“Watch out that no one deceives you.”* (Matthew 24:4)
- *“Keep watch, because you do not know the day or the hour.”* (Matthew 25:13)
- *“Be on guard! Be alert!”* (Mark 13:33)
- *“Be always on the watch, and pray.”* (Luke 21:36)
- *“Blessed is the one who stays awake.”* (Revelation 16:15)

3(b) Three key takeaways for navigating the End Times

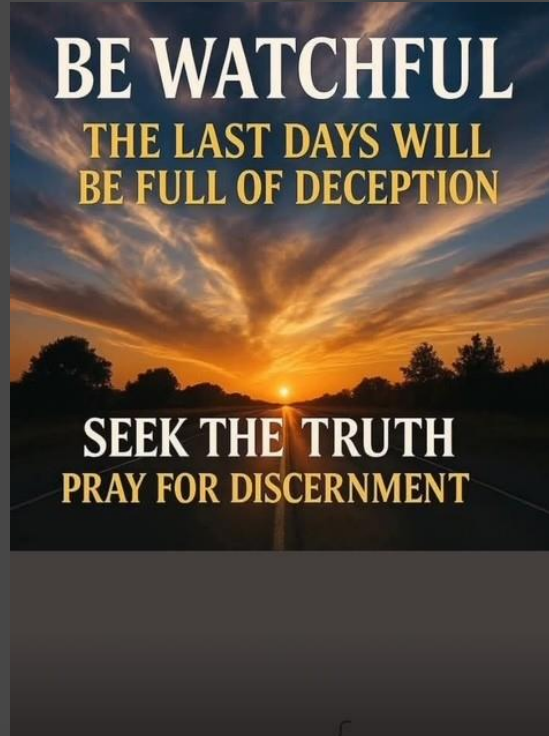
Stay spiritually alert –
Together in corporate
prayer

Jesus commands in
Mark 13:33:

SCRIPTURE

Be on guard! Be alert! You do not know when that time will come.

Mark 13:33 NIV

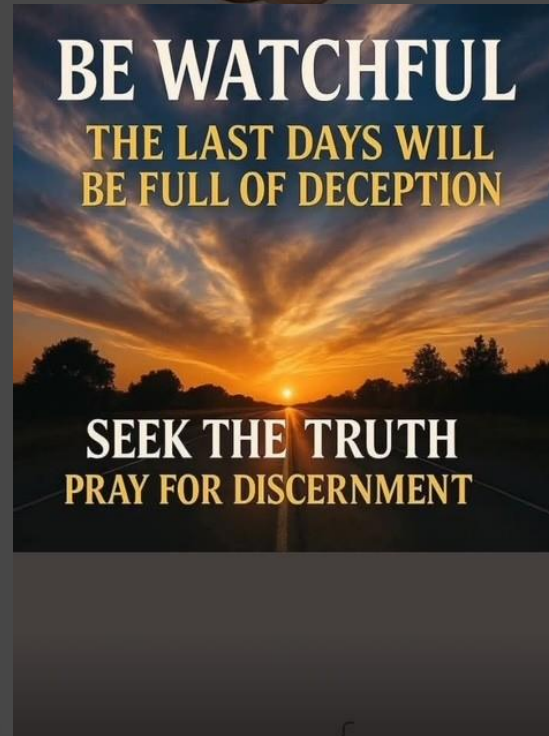


Hebrews 10:24–25 urges us to “*encourage one another... and all the more as you see the Day approaching.*”

The word “see” implies active, ongoing watchfulness—alert to deception, temptation, and spiritual danger.

3(b) Three key takeaways for navigating the End Times

- Pray persistently and seek God's will
"Praying at all times in the Spirit... keep alert with all perseverance."
(Ephesians 6:18)

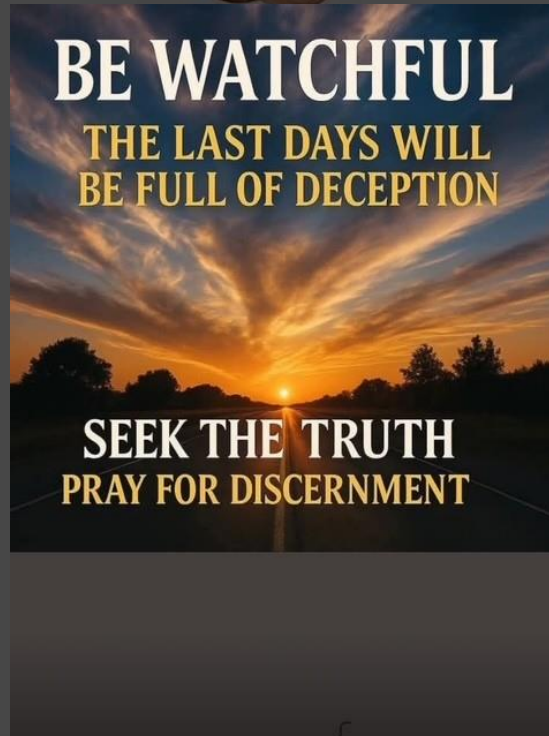


Jesus didn't just pray for relief – He prayed for surrender:
"Not what I will, but what You will."

(Mark 14:36)

3(b) Three key takeaways for navigating the End Times

Like Jesus in Gethsemane, we watch and pray—not with fear, but with purpose and dependence on God.



“Be watchful, and strengthen the things which remain... hold fast and repent. Therefore if you will not watch, I will come upon you as a thief, and you will not know what hour I will come upon you.”
(Revelation 3:2-3)

Prayer



Application

1. What does Jesus' honesty in prayer at Gethsemane teach us about how we can approach God in our own moments of sorrow or fear?

[Consider how Jesus expressed His emotions and desires without holding back.]

2. What area of your life needs a Gethsemane prayer today? could you say, "Not my will but Yours be done..."?

[Spend a moment to reflect on para #2 and make plans to engage in this prayer in your 'garden of Gethsemane']

3. In what areas of your life do you feel 'spiritually asleep', and how can prayer help you stay alert and aligned with God's purpose?

[Think about Jesus' warning to "watch and pray" and how it applies to the "Day of His coming in the clouds"?]