

## COULD YOU NOT WATCH WITH ME ONE HOUR?

### I. Text – Matthew 26:40

II. The greatest battle ever fought was fought in the Garden of Gethsemane between the Lord Jesus Christ and all the forces of evil. Luke tells us that Jesus prayed in such agony that His sweat was stained with blood. Medical science tells us that when the veins and the arteries in a person's body are so taut with grief, anguish or fear that his perspiration is stained with blood, he is as near to death as he can be and still be alive. An angel from heaven came to strengthen Jesus at that moment.

How different would the words be here if the disciples had been awake instead of sleeping? Would an angel have been necessary if the disciples had shared the Lord's burden in prayer?

The question Jesus asked His disciples lets us know that He needed them to pray for Him and they needed prayer for themselves. Dr. Cho says, "Something miraculous happens when a man spends an hour with God." What are the benefits of spending an hour with God?

### I. Prayer Promotes Humility – Matthew 26:39

A. Mark 14:35 tells us that He "fell on the ground." Luke 22:41 says, "He knelt down." Although Jesus was a son in a unique sense, He bowed low at His Father's feet. James 4:8 says, "that God resists the proud, but gives grace to the humble."

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B. Luke 18:9-14 gives a very clear picture of the attitude that God honors in prayer. F.B. Meyer wrote:

I used to think God's gifts were  
On shelves on above another  
And the taller we grow,  
The easier we can reach them.  
Now I find that God's gifts are on shelves  
One beneath another  
And the lower we stoop,  
The more we get.

### II. Prayer Brings Divine Resources – Luke 22:43

A. God sent an angel from heaven to strengthen Jesus during this time of great need. God doesn't always send an angel, but He has many ways of making heaven's resources available to us.

#### B. Bible Examples

1. A widow was instructed to pour oil in borrowed vessels – II Kings 4:1-7.
2. Naaman healed after dipping in the river Jordan – II Kings 5:9-14.
3. Jesus feeds 5,000 – Matthew 26:41-42.

### III. Prayer Strengthens Faith – Matthew 26:41-42

A. The flesh does not like to walk by faith. It does not like to submit. It does not like discipline. The flesh is contrary to the Spirit – Galatians 5:16-17.

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B. Some say that Christ's faith wavered in the Garden of Gethsemane. Mark 14:36 tells us that Jesus said, "Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt."

C. Setting the Sails. When Hudson Taylor, the famous missionary, first went to China, it was in a sailing vessel. Very close to the shore of Cannibal Islands the ship was becalmed, and it was slowly drifting shoreward unable to go about and the savages were eagerly anticipating a feast.

The captain came to Mr. Taylor and besought him to pray for the help of God. "I will," said Taylor, "provided you set your sails to catch the breeze." The captain declined to make himself a laughing stock by unfurling in a dead calm. Taylor said, "I will not undertake to pray for the vessel unless you will prepare the sails." And it was done. While engaged in prayer, there was a knock at the door of his stateroom. "Who is there?" The captain's voice responded, "Are you still praying for wind?" "Yes." "Well," said the captain, "you'd better stop praying for we have more wind than we can manage."

IV. Prayer Encourages Surrender to God's Will – Matthew 26:39, 42, 44.

A. Why did Jesus experience such anguish at the thought of His approaching death? It was because of the ingredients of the cup which He had to drink if sinners were to be saved (II Corinthians 5:21).

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B. Make Me An Intercessor

Make me an intercessor  
One who can really pray,  
One of the Lord's Remembrances  
By night as well as day.

Make me an intercessor,  
In Spirit-touch with Thee,  
And give the heavenly vision  
Praying through to victory.

Conclusion

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