

Then he returned and found the disciples asleep. He said to Peter, "Simon, are you asleep? Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak."
Mark 14:37-38 (NLT)

Watchful And Prayerful

Do you need any convincing? Do I need to be convinced about what? **Do you need to be convinced that you will need to be watchful and prayerful if you will have any hope or chance at being able to resist temptation?** No, I don't need to be convinced. I have no doubts about my need to be watching and praying so that I will be able to resist temptation. **Before we go any further let's be clear about how you need to watch and pray.** I'm listening. **That's good. I will ask you a few questions.** Go right ahead. **Who do you need to keep your heart and mind and life focused on? Who needs to have your undivided attention?** Already you have asked me questions I would not have anticipated. **How so?** It is surprising that your questions begin with the word who. I would have thought your questions would have begun with the word what. **Can you give me some examples?** I thought you might ask me, "What do I need to watch out for or be on guard against?" or "Under what circumstances do I need to be especially watchful and prayerful?" **Yes, those are good questions. Those are questions that you will need to carefully consider. They, however, are not the first and most important questions.** Why is that? **To that question, which is a good one, I will ask you another question. Do you think it is your watchfulness or your prayerfulness that will make you able to resist temptation? In other words, do you think it is your own efforts that will bring you victory?** Now, I am beginning to understand. **Tell me what you understand?** My heart and mind and life need to be focused on you. As I watchfully and prayerfully set my heart and mind and life on you, you will make me able to resist temptation. You are the subject of my watchfulness and prayerfulness. Before now, before this very moment, I had thought that the subject of my watchfulness and prayerfulness was evil in the world. I thought something like, "Be watchful and prayerful so that evil doesn't sneak up on me." **Don't completely discard that thought. That thought is not wrong. But the priority of your focus needs to be on me. Your heart will be changed, and your mind transformed, and your life guided has you focus your full attention on me. Remember you have been told to submit yourself to me and the devil will flee from you?** Yes, I remember that well. **That's good. You submit yourself to me by being watchful and prayerful in my presence, by giving your full attention to me. Do you understand?** Yes, I understand. **Will you be watchful and prayerful with me?** Yes Lord, I will. **That will be very good.**

Lord, I will not sleepwalk through life. I will be watchful and prayerful. I will keep my heart and mind and life focused sharply on you. I will withstand temptation with all the strength that you give to me. I will live the life you have called me to live with and for you. Amen

Promises*Watch And Pray*

Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Could you not keep watch for one hour? Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." Mark 14:37-38 (NIV)

NIV

Mark 14:37-38

Promises*Watch And Pray*

And he came and found them sleeping, and he said to Peter, "Simon, are you asleep? Could you not watch one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

ESV

Mark 14:37-38

Promises*Keep Watch And Pray*

Then he returned and found the disciples asleep. He said to Peter, "Simon, are you asleep? Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak."

NLT

Mark 14:37-38

Promises*Watch And Pray*

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

NKJV

Mark 14:37-38

Promises*Keep Awake And Pray*

He came and found them sleeping; and he said to Peter, "Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak."

NRSV

Mark 14:37-38

Promises*Stay Alert, Be In Prayer*

He came back and found them sound asleep. He said to Peter, "Simon, you went to sleep on me? Can't you stick it out with me a single hour? Stay alert, be in prayer, so you don't enter the danger zone without even knowing it. Don't be naive. Part of you is eager, ready for anything in God; but another part is as lazy as an old dog sleeping by the fire."

MSG

Mark 14:37-38

Promises*Keep Awake And Watch And Pray*

And He came back and found them sleeping, and He said to Peter, Simon, are you asleep? Have you not the strength to keep awake *and* watch [with Me for] one hour? Keep awake *and* watch and pray [constantly], that you may not enter into temptation; the spirit indeed is willing, but the flesh is weak.

AMP

Mark 14:37-38

Promises*Watch With Me And Pray*

Then he returned to the three disciples and found them asleep. "Simon!" he said. "Asleep? Couldn't you watch with me even one hour? Watch with me and pray lest the Tempter overpower you. For though the spirit is willing enough, the body is weak."

TLB

Mark 14:37-38

Promises*Keep Watching And Praying*

And He was saying, "Abba! Father! All things are possible for You; remove this cup from Me; yet not what I will, but what You will." And He *came and *found them sleeping, and *said to Peter, "Simon, are you asleep? Could you not keep watch for one hour? "Keep watching and praying that you may not come into temptation; the spirit is willing, but the flesh is weak."

NASB

Mark 14:37-38

Promises*Stay Awake And Pray*

Then Jesus went back to his followers and found them asleep. He said to Peter, "Simon, are you sleeping? Couldn't you stay awake with me for one hour? Stay awake and pray for strength against temptation. The spirit wants to do what is right, but the body is weak."

NCV

Mark 14:37-38

Keep Watch And Pray

Year _____ Week _____ Day _____ Date _____

Promises – Mark 14:37-38

In Context: *Read Mark 14*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

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Considering The Words: ***(What words speak to your heart?)***

Then he returned | and found the disciples asleep. | He said to Peter, | "Simon, are you asleep? | Couldn't you watch | with me | even one hour? | Keep watch | and | pray, | so that | you will not | give in to temptation. | For the spirit | is willing, | but the body | is weak." Mark 14:37-38 (NLT)

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, I will not sleepwalk through life. I will be watchful and prayerful. I will keep my heart and mind and life focused sharply on you. I will withstand temptation with all the strength that you give to me. I will live the life you have called me to live with and for you. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

When have you been overcome by temptation because you were not being watchful and prayerful?

How you being especially watchful and prayerful about certain types of temptation?

How does being watchful and prayerful put your heart and mind and life in the right place?

How have you been able to resist temptation because you have been watchful and prayerful?

How has your life with the Lord grown more intimate as you have been watchful and prayerful?

How have you been a bolder and brighter witness for the Lord as you have been watchful and prayerful?

How have you been able to bear fruit for God's kingdom because you have been watchful and prayerful?

Living It Out: ***(What action step is God guiding your heart to take?)***

Make it your daily pattern to be watchful and prayerful so you will be able to resist temptation.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that you will be able to resist temptation as you remain watchful and prayerful.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how being watchful and prayerful is helping you to resist temptation.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you be watchful and prayerful so you will be able to resist temptation.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will be watchful and prayerful so I will be able to resist temptation.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, how will being watchful and prayerful help me to be able to resist temptation today?
