

*Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." Mark 14:38 (NIV)*

## **Watch And Pray**

That is what I will do. **What will you do?** I will watch and pray. I will keep my heart and mind and life focused on you. I will be vigilant. I will remain on guard. **Why is this important?** This is a sin broken world filled with temptations seemingly at almost every corner. Temptations come in all shapes and sizes. Temptations come in a variety of forms. **Name a few temptations that you find most dangerous.** There is the temptation to be proud. It is easy to think of oneself more highly than one ought. Out of pride flows a multitude of deadly temptations. **Like what?** There is the temptation to be self-reliant and self-sufficient. There is the temptation to be self-satisfied, self-indulgent, and self-centered. That is the nature of pride, it makes one the center of their own universe. Everything revolves around a prideful person. A prideful person is so focused on themselves that they have no defense against temptation. **Why is that?** A humble person knows their limits. A humble person dares not foolishly rely on their own power and strength to resist temptation. They know that such an effort will certainly fail. **What then will you do to resist temptation?** I will submit myself to you. I will draw near to you. I will humbly rely on your power and strength. I will keep my eyes on you. You will help me to resist temptation. You will help me to fight against evil. **What else will you do to resist temptation?** I will steer clear of temptation when I see it approaching. I will flee temptation as it comes near me. I will run away from temptation as I run to you. **You sound urgent, why is that so important?** Nothing is more foolish than to hang out and linger around temptation. Temptation is alluring. Temptation is enticing. Temptation is powerful. I will not allow myself to remain in tempting situations. I will not allow anything to feed temptation in me. In every way I watch and pray so that I will not enter into temptation. **That is very good. Rely on me, I will watch over you. I will guard you. I will protect you.** Thank you, Lord.

*Lord, I will draw near to you. I will remain in your presence. I will submit my heart and mind and life to you. Help me to be prayerfully watchful so that I will not fall into temptation. Help me to quickly exit tempting situations when I see them approaching me. Amen*

**The Prayer Filled Life** *Watch And Pray*

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

NIV Mark 14:38

**The Prayer Filled Life** *Watch And Pray*

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

ESV Mark 14:38

**The Prayer Filled Life** *Watch And Pray*

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 14:38

**The Prayer Filled Life** *Watch And Pray*

Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

NKJV Mark 14:38

**The Prayer Filled Life** *Keep Awake And Pray*

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 14:38

**The Prayer Filled Life** *Stay Alert Be In Prayer*

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 14:38

**The Prayer Filled Life** *Watch And Pray*

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 14:38

**The Prayer Filled Life** *Watch With Me And Pray*

Watch with me and pray lest the Tempter overpower you. For though the spirit is willing enough, the body is weak."

TLB Mark 14:38

**The Prayer Filled** *Keep Watching And Praying*

"Keep watching and praying that you may not come into temptation; the spirit is willing, but the flesh is weak."

NASB Mark 14:38

**The Prayer Filled** *Stay Awake And Pray*

Stay awake and pray for strength against temptation. The spirit wants to do what is right, but the body is weak."

NCV Mark 14:38

# Watch And Pray

Year \_\_\_\_\_ Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**The Prayer Filled Life** – Mark 14:38

**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?)***

Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." Mark 14:38 (NIV)

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

Watch and pray | so that you will not fall | into temptation. | The spirit is willing, | but the body | is weak." Mark 14:38 (NIV)

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**Praying The Scripture:**

***(What prayer from your heart will you write?)***

Lord, I will draw near to you. I will remain in your presence. I will submit my heart and mind and life to you. Help me to be prayerfully watchful so that I will not fall into temptation. Help me to quickly exit tempting situations when I see them approaching me. Amen

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**What It Means:**

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

How are you remaining prayerfully watchful so that you do not fall into temptation?

When have you fallen into temptation because you were not remaining prayerfully watchful?

**When have you been able to quickly exit a tempting situation because you were being prayerfully watchful?**

Why is your first defense against temptation to avoid tempting situations in the first place?

What steps are you taking to make sure that you do not allow yourself to be placed in tempting situations?

**How is being prayerfully watchful helping you to keep your heart and mind and life focused on the Lord?**

How has being prayerfully watchful reordered your priorities and given you godly desires?

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**Living It Out:**

***(What action step is God guiding your heart to take?)***

Draw near to the Lord and be prayerfully watchful with Him so you do not fall into temptation.

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**Seeing It Happen:**

***(What are you trusting God for in your heart?)***

Have faith that the Lord will help you to be prayerfully watchful as you draw near to Him.

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**Get Ready To Share:**

***(What can you share with others from your heart?)***

Share with another person or your small group how drawing near to the Lord has helped you to be prayerfully watchful.

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**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?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

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

*May you watch and pray so you do not fall into temptation.*

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**Prayer To Carry**

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

*Lord, I will watch and pray so I do not fall into temptation.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I watch and pray so I do not fall into temptation today?*

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