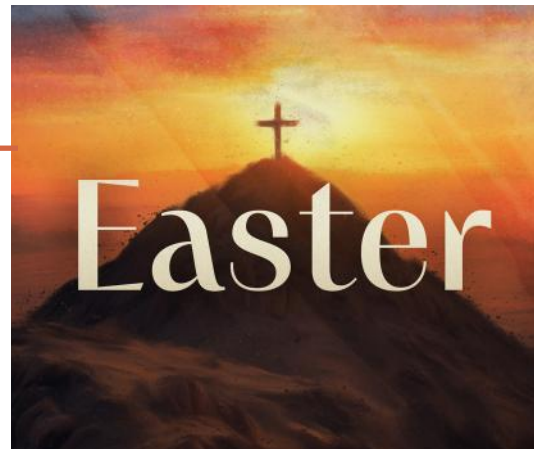


(The Spirit Sustains—Matthew 26:36-46)

- Think about all that Jesus was processing through in the garden. How important was it for him to go to the Father in prayer?
- How important is it for us to spend time with God as we face troubles and trials? Do we seriously consider Christ's words to "watch and pray" in our lives?
- What happens when we do not spend ample time with God? What happened to the disciples after they slept instead of prayed?
- Jesus is the perfect example of submitting to the Father and relying on the Spirit's power. How do we daily live by the Spirit to combat the weakness of our flesh?
- Is there anything in the sermon that particularly stood out to you?



FAMILY QUESTIONS

- What does "the spirit is willing but the flesh is weak" mean?
- Why was Jesus upset at the disciples for sleeping? How can we make time to pray to God when life is hard?

WEEKLY PRAYER

- Our Men & Women in Uniform—Army
- April Foat—Intervarsity, WI
- Brian Smith—Elder
- Fred Lewien—Building & Maintenance Supervisor
- Life Groups
- Appleton Community Evangelical Church—Appleton
- Those who do not yet have a personal relationship with the Lord Jesus (Col 4:2-4)

SCRIPTURE MEDITATION

And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."
Matthew 26:40-41 ESV