

# Winning Over Temptation

Matthew 26: 36 – 46

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Series: Jesus' Last Week

# Matthew 26: 36 - 40

<sup>36</sup> Then Jesus came with them to a place called Gethsemane, and said to His disciples, “Sit here while I go over there and pray.” <sup>37</sup> And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed. <sup>38</sup> Then He said to them, “My soul is deeply grieved, to the point of death; remain here and keep watch with Me.” <sup>39</sup> And He went a little beyond *them*, and fell on His face and prayed, saying, “My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.” <sup>40</sup> And He came to the disciples and found them sleeping, and said to Peter, “So, you *men* could not keep watch with Me for one hour?

# Matthew 26: 41 - 46

<sup>41</sup> “Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.” <sup>42</sup> He went away again a second time and prayed, saying, “My Father, if this cannot pass away unless I drink it, Your will be done.” <sup>43</sup> Again He came and found them sleeping, for their eyes were heavy. <sup>44</sup> And He left them again, and went away and prayed a third time, saying the same thing once more. <sup>45</sup> Then He came to the disciples and said to them, “Are you still sleeping and resting? Behold, the hour is at hand and the Son of Man is being betrayed into the hands of sinners. <sup>46</sup> “Get up, let us be going; behold, the one who betrays Me is at hand!”

# Consumed in Intense Crises. Vv. 36 – 38.

- Jesus knew exactly what was about to happen.
  - He knew He was about to be crucified.
  - To prepare for crucifixion, to fight temptation, Jesus went to the Garden of Gethsemane.
- The agony of Jesus' temptation was unequalled.
  - This struggle with Satan was more agonizing than ever before.
  - This struggle was so bad it resulted in physical pain.

# The Pattern and Sequence of Spiritual Tragedy Vv. 39 – 46.

- Self Confidence.
  - Nothing opens the door to temptation like self-confidence.
- Sleep being a means of escape.
  - The represents indifference to evil and lack of moral and spiritual vigilance.
- Temptation, an appeal to personal rights
- Sin, there is a real need to watch and pray.
- Disaster, soon to be experienced by the disciples.

# The Pattern and Sequence of Spiritual Victory. Vv. 49 – 46.

- Confidence in God rather than in self.
- Moral and spiritual vigilance rather than indifference.
- Resisting temptation in God's power rather than our own.
- Holding to obedience rather than to the rebellion of sin.
- Receiving the spiritual victory rather than disaster.

# Conclusion

- Watch and pray because our enemy is always seeking to destroy us. (cf. 1 Peter 5: 8).
- Watch and pray proves spiritual diligence, and seeking the power of God to defeat temptation.
- Watch and pray because you need divine help to defeat the devil, and others need your intercession.
- Watch and pray because Jesus said it is the way to not enter into temptation recognizing that although the redeemed spirit is willing the flesh is weak.