



Repentance Tabernacle Church

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Watch and Pray!

Scripture: Matthew 26:41 - **Watch and pray**, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

This verse essentially means to be vigilant and actively pray to avoid falling into temptation, as our spirit may be eager to do good, but our physical body can be weak. **Watchfulness sees temptation coming; prayer gives strength to withstand it.** Jesus demonstrated this watchfulness and perseverance in His prayer in the Garden of Gethsemane when His flesh struggled with the idea of laying down His life. He was honest about His emotions and how the choice was affecting Him mentally. Mark described Jesus as *“very heavy,” “exceeding sorrowful,”* to the point He prayed, *“Take away this cup”* (Mark 14:33-36). Ultimately, we see Jesus persevere through His mental, emotional, and physical battle to allow God’s work to be accomplished, but the spiritual struggle was evident (Mark 14:36). If opposition came to Jesus, it will come to us, and in many forms: **mental strain, emotional tension, difficulty in relationships, and cultural pressure.**

Jesus used Peter’s drowsiness to warn him about the kinds of temptation he would soon face. The way to overcome temptation is to be alert to it and pray. Being alert means being aware of the possibilities of temptation, sensitive to the subtleties, and spiritually equipped to fight it. Because temptation strikes where we are most vulnerable, we can’t resist it alone. Prayer is essential, because God’s strength can support our defenses and defeat Satan’s power.

Have you ever grown tired of praying for something or someone? In the book of [Colossians 4:2](#) Paul to: *“Continue in prayer, and watch in the same with thanksgiving.”* Paul says, **“Continue.”** Persistence demonstrates our faith that God answers our prayers. Faith shouldn’t die if the answers come slowly, for the delay may be God’s way of working his will in your life. When you feel weary in your prayers, know that God is present, always listening, always acting—maybe not in ways you had hoped, but in ways he knows are best.

When we watch and pray, we are keeping ourselves alert to the will and purposes of God for our lives. We are keeping ourselves awake to the temptations of the enemy (the devil) who is trying to put us to sleep spiritually so we will be unaware of what is really happening around us in these times. Therefore, be on guard and watch out for every trick of the enemy that he tries to bring against you, so you will not be deceived by his tactics. He hates all true Christians because they are a threat to his plans to bring destruction upon mankind.

Every spiritual battle carried out against a spiritual foe must include prayer. God’s Spirit is able to search our hearts and guide our prayers according to His will. This can keep us from making the mistake James talked about in his letter: *“ye ask amiss, that ye may consume it upon your lusts”* (James 4:3). In the Garden of Gethsemane, Jesus called Peter to *“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak”* (Matthew 26:41). The enemy will use the frailty of our human bodies to drive a wedge between us and God.

We are instructed to maintain vigilance over our spiritual health, which includes our mind, will, and emotions. **We leave ourselves open to an attack if we are not examining our thoughts, choices, and feelings.** This goes hand in hand with praying in the Spirit because not only can we **pray for God to keep our focus sharp**, but then once something is revealed to us, we must combat that through prayer.

Why be watchful in prayer?

1. Watchfulness Enhances Our Relationship with God
2. Watchfulness Equips Us for Spiritual Warfare
3. Watchfulness Enables Us to Intercede Effectively
4. Watchfulness Cultivates a Lifestyle of Prayer

So keep watch with Jesus. Keep watch by obeying his commands. Keep watch by getting into his word and letting the word change your heart. Keep watch and pray. Pray that you will not give into temptation for the spirit is willing but the flesh is weak.

As disciples of Jesus Christ, we must watch and pray so we do not enter into temptation!