



Repentance Tabernacle Church

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Watch and Pray!

Meaning of "watch": To be alert, stay focused, and be aware of potential dangers or temptations. **Meaning of "pray":** To actively communicate with God through prayer, seeking strength and guidance to resist temptation.

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

Matthew 26:41 states: **"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.** He also wanted them to watch and pray so they could learn how to grieve and not sin. Watch and pray are recorded four times in the New Testament: Matthew 26:41; Mark 13:32-37; Mark 14:37-38; Luke 21:34-36. **Watchfulness sees temptation coming; prayer gives strength to withstand it.**

Jesus used the three disciples' drowsiness to warn them about the kinds of temptation they 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 **shore up** our defenses and defeat Satan's power.

"Watch and pray" in the Bible calls believers to vigilance and prayerfulness, urging spiritual alertness and readiness. This practice fosters deeper communion with God and resilience in faith. So, we can maintain a normal relationship with God, gain God's care and protection, and overcome various temptations of Satan. Therefore, throughout the day we can see when sin is waiting at the door of our heart, wanting to grab hold of us.

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. To be on guard means we are watching out for every trick of the enemy that he tries to bring against us, so we will not be deceived by his tactics. He hates all true Christians because they are a threat to his plans to bring destruction upon the human race.

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.

Watchfulness sees temptation coming; prayer gives strength to withstand it. 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.