

Watch and pray in temptation

Matthew 26:36-46

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus ask the Father, and how does he end his prayer?

What does he tell the disciples to do?

2. What does it show me about people — and about myself?

Where are you sleeping instead of watching and praying?

3. What will I obey this week? (a concrete step, with a day)

What will you watch and pray over this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, teach me to watch and pray when I am tempted. I am weak, but you are near.
