

Hard Pill to Swallow

Positioning for Prayer Part 7

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Scripture: Mark 14:32-42 (NIV)

³² They went to a place called Gethsemane, and Jesus said to his disciples, “Sit here while I pray.” ³³ He took Peter, James and John along with him, and he began to be deeply distressed and troubled. ³⁴ “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.” ³⁵ Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. ³⁶ “*Abba*, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

³⁷ Then he returned to his disciples and found them sleeping. “Simon,” he said to Peter, “are you asleep? Couldn’t you keep watch for one hour? ³⁸ Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

³⁹ Once more he went away and prayed the same thing. ⁴⁰ When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

⁴¹ Returning the third time, he said to them, “Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. ⁴² Rise! Let us go! Here comes my betrayer!”

Sermon Points

1. **When the Weight Is Too Much to Carry**

Jesus didn’t hold it all together. He let it out. Being stressed and overwhelm is not always a lack of faith.

2. **When the Prayer Is Hard to Pray**

Jesus prayed honestly and relationally. This is a model of full trust, not shallow faith.

3. **When Staying Awake Is Too Much to Ask**

The disciples loved Jesus but couldn’t stay engaged. The spirit is willing, but the flesh is often weak.

4. **When the Answer Is Hard to Accept**

God answered not by removing the struggle but by strengthening the Savior.