

Summary

In this sermon titled 'Stop Sleeping on Jesus,' the pastor draws from the account of Jesus praying in the Garden of Gethsemane, where His closest disciples repeatedly fell asleep while He carried the weight of what was to come at the cross. The pastor challenges the congregation to examine whether they, too, have grown spiritually drowsy, comfortable with the things that break the heart of God, and inactive in what God has called them to do. He emphasizes that spiritual sleep is not open rebellion but a quiet, dangerous drift away from prayer, purpose, and presence with Christ. The sermon is organized around five practical points: stop sleeping while Jesus is suffering, stop sleeping when you should be praying, stop sleeping because the battle is already here, stop sleeping on the opportunity to walk with Jesus, and stop sleeping before you miss what God is doing. The pastor uses personal stories, the example of Daniel's lifelong faithfulness, and the grace Jesus repeatedly showed His sleeping disciples to call the church to wake up, get on their knees, and re-engage in the fight for their families, communities, and the lost around them.

Intro Prayer

Heavenly Father, we come before you grateful for this time together. Lord, just as you called your disciples to watch and pray with you, we ask that you call each of us to full attention right now. Remove every distraction, every heaviness, and every excuse that would keep us from hearing what you want to speak to our hearts today. Open our eyes to the places where we have been spiritually asleep, and give us the courage to be honest with one another and with you. May this time together draw us closer to you and to each other. In the name of Jesus we pray, amen.

Ice Breaker

What is one thing that you find it almost impossible to sleep through, and why does it grab your attention so quickly?

Key Verses

- Matthew 26:36-45
- Matthew 26:38
- Matthew 26:41

- Romans 13:11

Questions

- The pastor described spiritual drowsiness as one of the greatest dangers in the church today. In what ways do you think a person can be physically present at church but spiritually asleep at the same time?
- Jesus asked His disciples, 'Could ye not watch with me one hour?' (Matthew 26:40, KJV). What does it say about the heart of Jesus that He longed for his closest friends to simply be present with Him in His suffering? How does that challenge the way you think about your relationship with him?
- The pastor said, 'What they failed to do in prayer, they failed to do in public.' Can you think of a time in your own life when a lack of prayer directly affected how you handled a situation publicly or in your relationships?
- Romans 13:11 (KJV) says, 'Now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.' What are some of the most common things in everyday life that lull believers into spiritual sleep without them even realizing it?
- The pastor pointed out that the disciples thought they had more time, not realizing Judas was already on his way. Are there areas in your life, your family, or your community where you sense an urgency that you have been putting off? What has been holding you back?
- The pastor shared that Daniel purposed in his heart at 18 years old to serve God, and He was still standing firm at 80 years old in the lion's den. What does that kind of long-term faithfulness look like practically, and what habits or decisions help build that kind of endurance?
- The pastor was transparent about missing opportunities during his high school years because he was spiritually asleep. Is there a season of your life where you feel you were spiritually asleep? What helped you, or is helping you, wake back up?
- The pastor closed with the simple gospel: accept, believe, and confess. For those who already know Christ, how can this group be more intentional about sharing that simple message with people in their lives who are still sleeping on the greatest invitation they will ever receive?

Life Application

This week, identify one specific area of your life where you know you have been spiritually asleep, whether it is your prayer life, a relationship that needs attention, a call to serve, or a conversation about faith you have been avoiding. Choose one concrete step to take before the group meets again. Write it

down, share it with someone you trust, and ask them to check in with you. As Matthew 26:41 (KJV) reminds us, 'Watch and pray, that ye enter not into temptation.' Start each morning this week with at least five minutes of intentional prayer before you pick up your phone or begin your day, and ask God to keep you awake and alert to what He is doing around you.

Key Takeaways

- Spiritual drowsiness is one of the greatest dangers facing the church today. It is not always open rebellion but a quiet, comfortable drift away from God that leaves us inactive and unable to see the vision He has for our lives.
- What we fail to do in prayer, we will fail to do in public. A neglected prayer life creates vulnerability to temptation and leads to public failures, just as Peter's sleeping led directly to his denial of Jesus.
- The battle is not coming. It is already here. The enemy is not asleep, and the church cannot afford to be either. Families, young people, and communities need believers who are awake and engaged right now.
- God repeatedly shows grace to those who have been sleeping on Him, just as Jesus came back to the disciples three times. It is never too late to wake up, re-engage, and step back into what God has called you to do.
- Missing divine appointments and opportunities for God's kingdom is a real consequence of spiritual sleep. Faithfulness over a lifetime, like Daniel's example from age 18 to 80, begins with small, daily decisions to stay awake and walk closely with Jesus.

Ending Prayer

Lord Jesus, we thank you for your patience and your grace. Just as you came back to your disciples again and again in that garden, you keep coming back to us even when we have been sleeping on you. Forgive us for the times we have been too comfortable, too distracted, or too tired to watch and pray with you. Right now, we ask you to wake us up. Wake us up to the suffering around us, to the urgency of the hour, and to the opportunities you have placed in front of us. Stir our hearts to pray like we have never prayed before, to love like we have never loved before, and to fight for the people and the things that matter to you. May we leave this place today not as people who are going through the motions, but as people who are fully awake and ready to walk with you. In the name of Jesus we pray, amen.