



# Praying When You're In the Press

MATTHEW 26:36-46

DO YOU HEAR  
WHAT I HEAR?

## I. Jesus modeled for us how to endure the most difficult and distressing moments in our lives.

### A. The Savior experienced this place of anguish and the “press” of life because of ...

*rejection* - by His own people and tribe

*betrayal* - by a close follower and disciple

*loneliness* - totally abandoned by His disciples

*loss* - grieving the broken family He loved so much

*fear* - impending death as a common criminal

*pain* - foreseeing agonizing physical torture and abuse

*despair* - overwhelming dread of separation from the Father

### B. Our Lord was “pressed” so hard, from his brow flowed drops of sweat and blood. (Lk 22:43-44)

## II. Like Jesus, when the “press” of life is squeezing you, what should you do—and not do?

### HOW TO PRAY WHEN YOU NEED IT MOST

1. Never go into the place of suffering \_\_\_\_\_—ask those who love you to pray for you. (vv. 36-37, 40-41)
2. Find a special \_\_\_\_\_ to humble yourself and be alone with God. (v. 39a; Lk 22:41)
3. Tell the Father your heartfelt \_\_\_\_\_ and desires. (v. 39b)
4. Always remember to pray “Thy \_\_\_\_\_ be done.” (v. 39c)
5. Pray frequently to get your will \_\_\_\_\_ with God’s will. (vv. 42, 44)
6. Don’t stop praying until you can face the matter with faith and trust in God’s \_\_\_\_\_. (v. 45)

DO YOU HEAR  
WHAT I HEAR?

Jesus knows and understands what I’m feeling  
in the dark nights of life, and He loves me.

Sometimes God gets us out of our Gethsemanes,  
but most often He walks beside us through them.

Gethsemane is the place where you and I  
make a decision to say “God, empty me  
of myself and let me depend on you!”

# DO YOU HEAR WHAT I HEAR? DEVOTIONAL & HOME GROUP STUDY

1. When was a time in your life you have to wrestle with the Lord until you could say to Him "Your will be done"? What was that process like for you?

## FOR THIS WEEK

SCRIPTURE MEMORY VERSE:

**Matthew 26:41**

*"Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."*

JOURNAL:

**Matthew 26:36-46**

"No sinful human being can understand the conflict in the soul of Jesus who had never experienced the slightest shadow of sin and had never known any barrier between Himself and the Father. Now upon this holy One had come the hour when He would bear all the terrible sin of the world—past, present, and future—and would experience being the sin offering forsaken by the Father. The human desire to avoid such agony is not incompatible with the immutability of the divine nature. This presents no theological problem to anyone accepting the full humanity as well as the full deity of Christ. It is clear that whatever the desire of the human nature may have been, Jesus was unwavering in doing the will of His Father: 'Nevertheless, not as I will, but as you will.'"

JOHN WALVOORD

2. Read Matthew 26:36-46. How did this prayer at Gethsemane prepare Jesus for what was to come? What does His behavior in this situation tell you about Him?

3. Read also Luke 22:39-46 and Mark 14:32-42. What additional insights into this scene do these passages provide, and how do these things cause you to be even more amazed by Jesus?

4. How might a faithful prayer life keep you strong in the faith? What changes do you need to make in your schedule so that you can work toward becoming more regular in prayer?

5. In what area of your life do you need to say to the Lord, "Your will be done"?

## JOURNAL Matthew 26:36-46

How has this sermon prepared you to follow the path of Jesus in obedience and surrender when you next face the "press" of life?

*"There are certain things we must face and certain decisions we must make in the awful loneliness of our own souls; there are times when other helpers fail and comforts flee; but in that loneliness there is for us the presence of one who, in Gethsemane, experienced it and came through it."*

WILLIAM BARCLAY

## COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week at Christ Chapel. If you'd like to find out even more, visit [www.ccbcfamily.org/events](http://www.ccbcfamily.org/events).

**OPERATION ZIP CODE** Christ Chapel is partnering with Freedom Shield Foundation to distribute thousands of meals to families in need in Tarrant County. This holiday season, they will also be hosting a surprise toy drive! Come be a part of this special event on Saturday, Dec. 3 from 8 a.m. to 1 p.m. at Jacquet Middle School. To sign up, visit [www.ccbcfamily.org/zipcode](http://www.ccbcfamily.org/zipcode).

**CHRISTMAS CANTATA** A beautiful service full of music and Scripture celebrating the coming of our King, the Christmas Cantata is an opportunity to start the Christmas season with the entire Christ Chapel family. If you aren't able to join us in person, make plans to worship through the live broadcast! Services will be Saturday, Dec. 3, at 5 and 7 p.m. and Sunday, Dec. 4, at 9 and 11 a.m. Learn more and find reservation reminders by visiting [www.ccbcfamily.org/cantata](http://www.ccbcfamily.org/cantata).

**NEXT GEN EXPERIENCE** Wonder what your kids are doing each Sunday? The Next Gen Experience is a perfect opportunity to see behind the scenes of a typical Sunday in Kids Ministry! Join us Sunday, Dec. 4 at 9:15 a.m. Register by visiting [www.ccbcfamily.org/kids](http://www.ccbcfamily.org/kids).

**AVENEW** From dating and engaged couples to newly married, AVENEW is where you will receive a biblical framework of marriage and learn more about walking out God's design and purpose for you in marriage. Sundays, starting Jan. 8, from 5 to 6 p.m. You can sign up and learn more today by visiting [www.ccbcfamily.org/avenew](http://www.ccbcfamily.org/avenew).

**THERE'S A JOB FOR YOU** From facilities and worship to students and creative, every role at Christ Chapel makes it possible for us to make much of Jesus! We want to invite you into a conversation about being a part of our team today. Visit [www.ccbcfamily.org/jobs](http://www.ccbcfamily.org/jobs) to get started.

**GET UPDATES AND ENCOURAGEMENT FOR YOUR WEEK** Throughout the week, we like to post updates, events and encouragement on our Facebook and Instagram accounts. They're online communities we love and think you will too! Search @christchapelbiblechurch to find us and follow along.



**LOOKING FOR THE CONNECT CARD?** Scan the QR code here to fill out a Connect Card. Our team will reach out this week to answer your questions and tell you more about Christ Chapel.

**IF YOU'D LIKE TO GIVE AN OFFERING TODAY, YOU CAN DO SO STRAIGHT FROM YOUR PHONE.** The process is quick and easy—text CCBCFW to 833-422-7200 to get started.

**KEEP US CLOSE WITH THE CHRIST CHAPEL APP.** While you're away, our app will keep everything you need within reach. You'll find sermon notes, an easy way to give, past messages, opportunities to connect, a quick way to submit prayer requests and more. Download from the App Store or Google Play.

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