

# LESSON 10

## JESUS' PRAYER IN THE GARDEN OF GETHSEMANE



### OBJECTIVES

1. To understand that Jesus prayed for God's will, not His own.
2. To turn to God in times of trouble or weakness.
3. To learn to pray when you need to make a decision.

### MEMORY VERSE

"The Lord is my strength and my shield; my heart trusted in Him, and I am helped."

(Psalm 28:7a)

### PRAYER

1. Thank God for guiding us throughout the week and gathering us here to worship Him.
2. Remember that Jesus suffered for us in this world and that He prayed to God and obeyed His will.
3. Ask God to give us the strength to do the right thing, even though sometimes we may not want to, by following the example of Jesus.



### Overview

#### 1. Jesus prayed in the garden of Gethsemane

- a. "Father, if it is Your will, take this cup away from Me..."
- b. "...nevertheless not My will, but Yours, be done."

#### 2. The disciples could not keep watch and instead fell asleep

#### 3. An angel came to strengthen Jesus

#### 4. Linking to the Ten Basic Beliefs—The promised Holy Spirit

#### 5. Life Application—The importance of praying earnestly

#### 6. Activity—Weighed Down



### Background Knowledge for Teachers

Jesus was aware that His time to die for mankind was near. After the last supper, He went with His disciples to the garden of Gethsemane to pray. Jesus' prayer highlights the terrible suffering He knew He was about to endure for the sins of mankind in bearing our sins on the cross. He not only had to endure the physical agony of being crucified on the cross, but His spirit also had to suffer alienation from God, a far more difficult pain to bear.

When faced with this agonizing task, Jesus was exceedingly sorrowful and afraid. He prayed so earnestly that His sweat became like drops of blood falling to the ground. He prayed to God to take this cup away from Him, but He further prayed not for His will but God's will to be done. After rising from prayer, He forged ahead to complete the mission for which He had come.

**Gethsemane** means "an oil press." The garden of Gethsemane was a garden east of Jerusalem beyond the Kidron valley and near the Mount of Olives (Jn 18:1). An olive grove was in that place, and in a field covered with olive trees, oil presses were used to extract oil from the fruit, hence, "Gethsemane."

The **Mount of Olives** was a mountain range directly east of Jerusalem, running north to south. In Jesus' time, it was rich in olives, but later was stripped bare of trees. The tallest mountain rose to about 2,700 feet (820 m), providing an impressive view of the city and the magnificent temple.

After His prayer, Jesus had the courage and strength to drink the cup that God had prepared for Him. He willingly allowed Himself to be arrested, even though He could have asked for God to send angels to protect Him. For the salvation of mankind, Jesus offered Himself as a sacrifice and died for us on the cross.



## Reaching Out to Your Students

Your students have probably experienced emotions such as fear, loneliness, sadness, or worry before. They may also have felt happiness, excitement, or love. Through this lesson, encourage the students to bring their feelings and emotions into their prayers, and to lay their life before God and ask for His guidance, especially during difficult times. It is important for our students to know that sometimes it may be difficult to do what God wants us to do, because it would mean giving up our own desires and obeying God's will. However, with God, all things are possible when we have faith.



## Opener

*5 Minutes*

### Activity: What did you do when you were...?

- Write down the following emotions on separate sheets of paper. Make one sheet for each student and yourself.  
Emotions: confused, lonely, scared, lost, angry, sad, worried, disappointed
- With the blank side up, give one sheet to each of the students. Ask them to turn the sheet over and take a minute or two to think of a time they have felt the emotion written on their sheet of paper. Then, have them answer the following questions, either individually, in pairs, or as a whole group:
  - What made you feel this way? What happened?
  - Describe your feelings at that time.
  - What did you do when you felt that way?
  - How did you recover from that emotion?

Sometimes in life we will encounter difficulties that can make us scared, confused, lost, or sad, and we may struggle very hard to overcome these difficulties. However, there are many challenges in life that we will not be able to overcome on our own, or even with the help of our friends and family. Still, we should not forget that when we encounter these troubles, we can tell God about them. He will listen to our prayer and give us the strength to overcome any difficulty.



## Vocabulary

- Abba:** Aramaic word for "father." The word conveyed a sense of intimacy and familiarity, and was a common way for young Jewish children to address their fathers. The Jews would consider it an inappropriate way to address God in prayer.
- cup:** the cup here refers to the suffering Jesus was going to face: He was going to be taken away, put on trial, beaten, and put to death. This cup was the great task of accomplishing the salvation prepared by God.
- legion:** a regiment of Roman soldiers, though the number of men composing a legion varied throughout Roman history. It originally consisted of three thousand men, but in the time of Christ, it consisted of six thousand, exclusive of horsemen, who were in number a tenth of the foot-men. The word is used simply to express a great multitude (Mt 26:53; Mk 5:9).



## Bible Discovery & Spiritual Teaching

30-35 Minutes

### FOR TEACHERS

Hand out the Prayer Questionnaire to the students before starting. Ask them to fill it out, as this lesson is about Jesus' prayer in the garden of Gethsemane.

After the students have finished the questionnaire, hand out the Bible Discovery worksheet. The students will fill it out as you go over the lesson. Keep one for yourself as reference. The answers have been underlined in the following text. At the underlined words, make sure the students fill in the blanks before moving on.

Today we are going to study the prayer Jesus made before He suffered for us on the cross.

### Prayer in Times of Trouble

Prayer is the way we talk to God, like a spiritual telephone call. Because of this, we know that prayer is incredibly important. Through prayer, we can talk to God about anything. In our daily lives, we normally pray before we eat, just before bedtime, or at church and in RE class. This might seem like a lot of praying, but in reality, it's not nearly enough.

Jesus also prayed when He was in this world. In fact, He prayed a lot. Jesus prayed at night, early in the morning, in front of big groups, with His disciples, and even left everyone to go and pray on His own.

The Bible also tells us that Jesus prayed on the night before His death on the cross. That night, Jesus and His disciples were in Jerusalem observing the Passover. After sharing their meal, they walked up the Mount of Olives to a place called Gethsemane. Jesus often went there to be alone with God, and on this particular night, He went to pray one more time.

Let's turn to Matthew 26:36-39.

Here the Bible tells us that Jesus took His disciples with Him to Gethsemane and told them to sit and wait for Him while He went to pray. He took Peter, James, and John a little further. Let's read verses 37-38 together. Here, the Bible tells us that Jesus was very, very sorrowful. **Why was Jesus so sorrowful and distressed?** [Wait for responses.] Jesus was exceedingly sorrowful because He knew that it was time for Him to die on the cross for the sins of mankind. Why did Jesus have to suffer death on the cross? [Wait for the students to answer.]

Jesus died on the cross not because of mistakes He made, but because of our sins. Jesus loved us. In order to save us from death, He bore our sins and suffered on the cross for us. When He was in the garden, Jesus must have felt deeply afraid, knowing the pain He was about to suffer.

When Jesus felt upset and afraid, the first thing He did was turn to God. What do you do when you feel sad? [Allow students to respond.] Sometimes when we feel sad or upset, we may feel that no one can help us or cheer us up. However, we should never forget that God is always with us. All we need to do is to bring our troubles in prayer the same way Jesus did, and God will listen and understand.

### Following God's Will, Not Our Own

Let's continue to read verse 39 together.

When Jesus was in a time of distress and sorrow, He prayed for God to take away this "cup" from Him. This "cup" refers to the suffering that He was about to experience. Jesus did not look forward to His death on the cross and would rather not have to go through it. However, He continued to pray, "Nevertheless, not as I will, but as You will." Even though Jesus preferred not to suffer death on the cross, He was willing to honor God and obey His will. Jesus was willing to lay aside His own opinion and do whatever God wanted Him to do. This is how much Jesus loved God and us.

### FOR TEACHERS

This is an important concept. Sometimes, we will encounter situations where we know what we are supposed to do, but it may not be what we want to do.

Give the students an example. It is Friday night and time for church, but your best friend has asked you to a birthday party. What do you want to do? What is the right thing to do?

We need to learn from Jesus to put aside our own desires and do what God wants us to do!

### Be Watchful and Pray

Let's continue to read Matthew 26:40-45.

Jesus took His three closest disciples with Him to pray. He wanted so much for them to keep watch with Him; however, when Jesus returned to them from His prayer, He found that they had fallen asleep. Jesus woke them up and said, "What! Could you not watch with Me one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

Three times Jesus prayed, and three times He found the disciples asleep. Jesus knew that the disciples wanted to pray with Him, but their bodies were weak. However, if we cannot be watchful and pray, we will fall into temptation easily and sin against God. We will not have the strength to face the difficulties ahead of us.





## Check for Understanding

5 Minutes

1. **Where did Jesus take His disciples to pray the night before He was crucified on the cross?** The garden of Gethsemane.
2. **Why was Jesus sorrowful?** Jesus knew that He would soon take upon Himself the sins of the world. He knew that He was going to suffer pain, death, both physically and spiritually, and alienation from God.
3. **How many times did Jesus pray?** Three times.
4. **What did Jesus pray for and what can we learn from His prayer?** Jesus prayed for the Father to remove the cup from Him, but He also prayed for God's will to be done. Sometimes, we may want God to help us according to our ways, but we need to learn from Jesus and be willing to obey God's will.
5. **What could Jesus have done to those who came to take Him away?** He could have asked God to send more than twelve legions of angels to protect Him. He didn't, however, because He knew it was not God's will, and He had received the strength to follow what God wanted Him to do.
6. **Fill In the Blanks: “\_\_\_ and pray, lest you enter into \_\_\_. The \_\_\_ indeed is willing, but the \_\_\_ is \_\_\_” (Mt 26:41).**  
Watch, temptation, spirit, flesh, weak



## Life Application

10 Minutes

[Hand out the Life Application worksheet and ask the students to read the case study silently to themselves. When they are done, they can answer the questions about what to do. After all the students have finished, invite some to share their answers, then read the conclusion on the left.

Afterwards, ask the students to read the testimony and answer the questions that follow.]

### Case Study: Turn to God, or Rely on Yourself?

Alana is a 6th grade student in school. She has always achieved good grades in class and is well liked by everyone. One day, she was working on her big science project. It was a difficult project and it took Alana an entire month to compile all the data. As the project was due in two days, Alana was anxious to get it completed. After working on it for hours, she took a break and went out of her room. As she returned, she realized that she had accidentally knocked a glass of water over her laptop, causing the laptop to completely stop working. She could no longer access any of her work. Later, Alana's brother told her that he did the same project two years ago and that she could just copy it. Alana was not sure about this idea, so she turned to you for advice.

**What would you do if you were Alana?**

**What advice would you give Alana?**

**Suggested answer:** In the worst case scenario, if the laptop cannot be revived, Alana should still be honest and not copy someone else's work and call it her own. She may need to ask the teacher for an extension, which might create a lot of stress for her, but we need to remember that God wants us to make the right choice: to be honest and good Christians.

### Conclusion

This actually happened to a sister before. One Sabbath morning, this sister was working very hard on a church project and accidentally spilled her tea over her laptop. The laptop stopped working, and she was unsure of what to do. She knelt down and prayed to God for help.

After her prayer, her heart was very peaceful. She was still not sure if the laptop would work again, but she had the peace of God in her heart. She went to church to attend service and forgot all about it. On Sunday morning when she woke up, she turned on the laptop, and miraculously, the laptop started to work again! The sister did not lose her work after all! She was very thankful and from this, she knew that God truly takes care of His children.



## Activity

### Weighed Down

10-15 Minutes

**Objective:** To emphasize that when we feel overwhelmed by struggles, we can pray to God and He will help us.

#### Materials

- Heavy books

#### Instructions

1. Ask the class to form a circle and ask a volunteer to stand next to you in the middle of the circle.
2. Tell the class the different reasons why Jesus was sad in the garden of Gethsemane. For example, His friends fell asleep when He asked them to pray, He knew He was going to be arrested, and Judas was about to betray Him.
3. As you describe each reason, give the volunteer a heavy book to hold, illustrating how Jesus was literally weighed down by sadness. Explain how God sent an angel to strengthen Jesus, and take the books from the volunteer's arms.
4. Do the exercise again, except when you give the books to the volunteer, describe struggles that children face, such as "a friend laughs at you" or "your sibling is mean to you." Tell them that Jesus knows what it's like to be sad and that He can send help.
5. Ask the volunteer to return to his/her seat.
6. Tell them that God likes to listen to our prayers, just as we like talking to our close friends.
7. Ask the students to find a time that suits everyone in the evening and set it as the class prayer time. The students and teachers are to pray together at the designated time every evening for ten minutes.

#### Homework Answer Key

1. Jesus prayed for the Father to remove the cup from Him, but He further prayed for God's will to be done.
2. Sometimes, we may want God to help us according to our ways, but we need to learn from Jesus and be willing to obey God's will. Additionally, God will give us the strength to follow His will.
3. cup, My, Yours
4. angel
5. blood
6. sleeping
7. temptation



### Jesus' Prayer in the Garden of Gethsemane

**Read Matthew 26:37-38.**

Jesus took Peter, James, and John to the garden of Gethsemane.

Why was Jesus sorrowful and distressed? \_\_\_\_\_

**Read verse 39.** Jesus prayed to God to take away "this cup" from Him. What is the "cup" referring to?

The cup referred to the \_\_\_\_\_ that He was about to \_\_\_\_\_.

**Read verses 40-45.** After Jesus woke them up, what did He say?

"Could you not watch with Me one hour? \_\_\_\_\_ and \_\_\_\_\_, lest you enter into \_\_\_\_\_.

The spirit indeed is \_\_\_\_\_, but the flesh is \_\_\_\_\_."

**Read Luke 22:43-44.**

Here, an \_\_\_\_\_ appeared to Him from heaven, \_\_\_\_\_ Him. Then, Jesus prayed so earnestly that His \_\_\_\_\_ became great drops of \_\_\_\_\_ falling down to the ground.

### The Garden of Gethsemane

**Instructions:** Find the words below in the word search.

- |                 |        |            |
|-----------------|--------|------------|
| AGONY           | ANGEL  | BETRAY     |
| BLOOD           | CUP    | DISCIPLES  |
| EAR             | FATHER | HEALED     |
| JESUS           | JUDAS  | KISS       |
| KNELT           | WILL   | TEMPTATION |
| MOUNT OF OLIVES | PRAY   | SLEEPING   |
| SWEAT           | SWORD  | YOURS      |



### Case Study: Turn to God, or Rely on Yourself?

Alana is a 6th grade student in school. She has always achieved good grades in class and is well liked by everyone. One day, she was working on her big science project. It was a difficult project and it took Alana an entire month to compile all the data. As the project was due in two days, Alana was anxious to get it completed. After working on it for hours, she took a break and went out of her room. As she returned, she realized that she had accidentally knocked a glass of water over her laptop, causing the laptop to completely stop working. She could no longer access any of her work.

**What would you do if you were Alana?**

Later, Alana's brother told her that he did the same project two years ago and that she could just copy it. Alana was not sure about this idea, so she turned to you for advice.

**What advice would you give Alana?**

### Testimony

Below is a testimony from a sister in Australia. She learned from her mother that through prayer, God will give us strength to face difficulties in life and that His grace always surpasses our understanding!

*Every time my mother sees me playing the piano, she always reminds me of how I am so blessed that I still have my hearing today.*

*When I was a 6-month-old baby, my intestines were infected by bacteria called pseudomonas, which was a very aggressive type of bacteria that had taken the life of many young children back in the 1970s. My father, who was a pediatrician, had treated children with this type of infection in the hospital before. After he realized that his own daughter was suffering from the same infection, he told my mother to prepare herself for the worst; it was very unlikely that a six-month-old baby would be able to survive this type of infection. Even if she did survive, due to the side effects of the antibiotics used, she would most likely become deaf.*

*My mother was very upset when she heard the news, and it was also very difficult for her to watch her little baby having intravenous drips and needles injected into her little arms and legs every day, but my parents kept on praying for me. My mother also called her parents and the church to intercede for me. My mother had to look after my older brother and me by herself during the day, and my father had to go to work in the morning and come home to a sick baby. They took turns to stay by my side at all times, as they were scared that my condition could worsen at any time and that my life would slip away. My mother later recounted that she could not remember how they managed to survive those sleepless nights, or how my brother—who was only 4 years old then—was so understanding. He never cried or complained, and once even ate plain rice from the rice cooker when he was hungry, because he didn't want to disturb our parents! My mother knew that it was God who helped them through this time of trial, and that despite my illness, God protected and preserved the family. It was also through the prayers of many brothers and sisters that our family was able to walk through this difficult time. My mother told me she knew that her only hope was in God, and that only God could help her little baby.*

*God is truly a God who listens to prayers. A month passed and my condition gradually got better. At this time, my mother started to worry about my hearing. She thanked God that I had survived the infection, but she prepared herself to raise a deaf daughter. She would often call out to me from behind to see if I would respond. It wasn't until I started to learn to speak that she realized that my hearing was still intact!*

*As I grew up, my mother always reminded me that my life and my hearing were special gifts given by God, and that I should not forget to use my life to serve Him. I really thank God for giving me the opportunity to grow up healthy. I also really thank my parents for raising me up in the Lord, and I hope I can remember the grace of God all the days of my life. May the glory and praise be unto Him forever. Amen.*

Try to imagine the many emotions this sister's parents must have felt at the time. What kinds of prayers do you think they made? What would you do if you were going through something like this? Many times in our lives, we will encounter challenges that seem too big to overcome, or encounter situations where we feel upset or alone. It is in these times that we should learn to rely even more on God. If we place our burdens before Him, God will always listen to our prayers and give us the strength to face challenges that come our way.

There are also times when we feel like our prayers aren't being heard, and we subsequently complain to God. But we should first examine ourselves:

- **How earnest was my prayer to God?**
- **How persistent was my prayer?**

In the Bible, it teaches us that we should pray without ceasing (1 Th 5:17). To pray without ceasing means to pray constantly. Additionally, Ephesians 6:18 (NIV) warns us to "stay alert and be persistent in your prayers."

### **What does it mean to be persistent in our prayers?**

To be persistent in prayer means to pray over and over again. Being persistent really helps us to focus our attention. When we pray for a prayer request repeatedly, we are not praying to remind God. He doesn't need to be reminded. It's to remind ourselves who's the source of our answers and the source of our needs. Persistent prayer keeps us **focused** on God!

### **What is the benefit of persistent prayer?**

Imagine that every time you prayed, you instantly got results. If that happened, each time you prayed, you would only think about the blessing. God wants us to think about the One who gives blessings, who is God Himself. God wants us to focus on Him. Therefore, sometimes, He holds back the answer to force us to focus on Him because He is the source of all our needs.

Since God is the source of all our needs, we should be asking Him to help us with our needs, not looking to other people to meet our needs. We look to our families and our friends to make us feel good. Meanwhile, God is saying, "Why aren't you looking to Me?"

Never give up in prayer!

E2 Year 1 Book 1 Lesson 10—Jesus' Prayer in the Garden of Gethsemane

# Homework Assignment

Name: \_\_\_\_\_ Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

Weekly Bible Reading: \_\_\_\_\_

**Bible Reading:** Check each box when you complete that day's reading.

**Prayer:** Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

## What I Learned from the Bible This Week

1. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
2. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Memory Verse

Please write down this week's memory verse. (Psalm 28:7a)

\_\_\_\_\_

1. Jesus prayed very earnestly in the garden of Gethsemane. What was the content of His prayer?
2. What are two things that you have learned from Jesus' prayer?

### Fill In the Blanks: Luke 22:42-46

3. "'Father, if it is Your will, take this \_\_\_\_\_ away from Me; nevertheless not \_\_\_\_\_ will, but \_\_\_\_\_, be done.'"
4. "Then an \_\_\_\_\_ appeared to Him from heaven, strengthening Him."
5. "His sweat became like great drops of \_\_\_\_\_ falling to the ground."
6. "When He rose up from prayer, and had come to His disciples, He found them \_\_\_\_\_ from sorrow."
7. "Then He said to them, 'Why do you sleep? Rise and pray, lest you enter into \_\_\_\_\_.'"