



JESUS' PRAYER IN THE GARDEN

MATTHEW 26:36-46

GOAL

- ▶ To teach children about the trust Jesus had in the Lord during the hardest time in His life on earth.
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WORDS TO KNOW

- ▶ **Anguish:** severe mental or physical suffering.
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MEMORY VERSES

- ▶ **Matthew 26:39:** My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine.

Hebrews 10:36: For you have need of endurance, so that when you have done the will of God you may receive what is promised.

OVERVIEW

- ▶ **Read Matthew 26:36-46:** Jesus took His disciples to an olive grove called the Garden of Gethsemane. He took Peter, James, and John into the garden with Him. As they walked through the garden, Jesus told them that His soul was sorrowful, even to death. He asked the three disciples to wait and sit watch while He went farther into the garden to pray. Jesus bowed down and put his head to the ground, and cried out in prayer, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." He returned to where He had left His disciples and found that they had fallen asleep. He returned to the garden to pray twice more, each time coming back to find that His disciples had fallen asleep. After the third time, He told them to rest, but He saw that Judas, the disciple who had betrayed Him, had come with others to arrest Him.
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SUGGESTIONS

- **Jesus Was Fully Man:** Jesus knew the suffering and pain that He would have to endure. The reality He was facing was really scary and sad, and He shared His feelings with His disciples.
- **The Power of Prayer:** Jesus was afraid and sad. He prayed about how His mission on earth was making Him feel, and through prayer, Jesus was able to quiet his anguish and come to a place of complete trust in the Father's will.
- **God's Will Be Done:** Jesus understood the importance of His mission. While the reality of carrying it out was something that gave Him anguish, He knew that it had to be done and that it was the right thing to do.

PRE-LESSON ACTIVITY

Ages 5-10 Put Your Hands Together | Supplies: cardstock, scissors, markers, crayons, other decorating supplies.

Give each student a piece of cardstock, and instruct them to fold it in half. Instruct them to put their hand on top of the piece of paper with their pinky side right along the fold in the paper and then trace their hand on the paper. Give the students scissors, or cut out the hand shapes for them. This will make a card in the shape of a hand. On the inside of the card, instruct the students to write, "Not my will, but Yours be done." Let the students decorate their prayer cards however they want.

MEMORY VERSE MEANING

Matthew 26:39: Jesus knew what He was going to go through in order to fulfill His mission on earth. Even though it was a scary thing to face, He wanted the good things God had planned for Him and us rather than avoid the suffering he would face.

Hebrews 10:36: God's plans for our lives are good. Sometimes following His path is not easy, but we must carry on so we can receive the blessings God has for our lives!



POST-LESSON ACTIVITY



Ages 5-7 Heads Down, Thumbs Up! Play Heads Up, Seven Up, but instead of choosing seven students to press down other students' thumbs, choose only four. These four will represent Jesus, Peter, James, and John in the garden.

Ages 5-10 Father May I? Play Simon Says or Mother May I. This will emphasize Jesus' obedience to His Father.

Ages 5-10 Asleep in the Garden. Have the students lie down on the floor like they are asleep. Stand at the front of the room and face the class. Tell the students that when you turn around they can stand up one time before you turn back around, but they can only stay standing up for three seconds. Tell them to count "one-one-thousand, two-one-thousand, three-one-thousand," and then lie down again and go back to "sleep." Any students standing up when you turn around win that round. Choose a one of the standing students, and play the game again until everyone has had a chance to stand at the front or the class needs to move on. If no students are standing when you turn around, say, "The spirit is willing, but the flesh is weak."

TAKE HOME



- **Jesus Was Fully Man:** We often think of Jesus as God, and He is! But he was also fully human. This meant he suffered, he knew what pain was, and he didn't want to die. The coming of the cross brought great agony to his soul.
- **The Power of Prayer:** It has been said that more than changing our circumstances, prayer changes us. Through prayer, Jesus was able to quiet his anguish and come to a place of complete trust in the Father's will.
- **God's Will Be Done:** Following God does not mean that we will never experience pain and suffering. In fact, the Bible tells us just the opposite. But any pain the Lord leads us into he does so with purpose. Jesus' suffering was not a tragedy but a triumph!



QUESTION & ANSWER

SLIDE 1



Q1a: What grew in the garden where Jesus took His disciples?

A1: Olive trees grew in the garden where Jesus took His disciples.

Q1b: Is there somewhere special you like to go to pray?

Teacher's Note: Let the students answer. It is good to have a quiet place where we can go to pray, but it is important to know that we can pray anywhere at any time. God is always with us, and He always wants to hear from us.

SLIDE 2



Q2a: How many disciples did Jesus take with Him into the garden?

A2: Jesus took three of His disciples with Him into the garden.

Q2b: Do you have a best friend?

TN: Let the students answer. The disciples were sort of like Jesus' best friends. He spent all of His time with them. He spoke with them and taught them about the Kingdom of Heaven. We should do the same thing with our best friends.



QUESTION & ANSWER

SLIDE 3



Q3a: What did Jesus ask God to take away from Him?

A3: Jesus asked for the cup of suffering to be taken away from Him.

Q3b: What chores are you responsible for in your home?

TN: Let the students answer. Often, chores aren't fun. We'd much rather do fun things, such as play games with our friends or other things we enjoy; however, doing our chores is an important part of being in a family. It helps our parents to keep the household running smoothly so they don't have to do everything. Having chores shows that our parents trust us to be a part of the household and that we'll do what we are told. It is a lesson in obedience, which will help us to be obedient to God and the things He asks us to do. God asked Jesus to do something really hard that was going to be very scary and painful, but it was for a greater good. Jesus understood this.

SLIDE 4



Q4a: What were the disciples doing when Jesus returned?

A4: The disciples were sleeping when Jesus returned.

Q4b: If you really wanted a bicycle, would you tell your parents not to get you a bicycle?

TN: That doesn't make much sense! It is possible that our parents would know that we really do want a bicycle and get us one anyway, but to tell someone, who is in a position to get us what we want, that we really don't want it will only complicate the situation. Jesus knew what was coming. He knew what would happen to Him. He knew how horrible it would be, so He went to the one person He knew could help Him: God, His Father.



SLIDE 5



Q5a: What did Jesus do when He walked farther into the garden?

A5: Jesus prayed when He walked farther into the garden.

Q5b: Have you ever been so tired you couldn't stay awake?

TN: Let the students answer. Sometimes, no matter how much we want to stay awake, our bodies are just so tired, we fall asleep. Jesus had asked Peter, James, and John to stay up with Him while He prayed in the garden, but they had been awake for so long and probably had done a lot that day, that they just couldn't keep themselves from falling asleep.

SLIDE 6



Q6a: What did Jesus pray as He went into the garden for a third time?

A6: Jesus prayed for His Father's will to be done.

Q6b: If you need help or really want something, who do you ask?

TN: Let the students answer. We can go to our parents to ask for help, but there might be some things that they cannot do. We can always go to God for help. He is always with us, and He wants to help us through every situation we encounter in life. Jesus knew this, and He took His biggest, heaviest concerns to God through prayer. While God did not spare Jesus from the situation that was scaring Him, God did help Jesus to remember how important it was for Him to do it. This was Jesus' mission. Saving us from our sins was worth the pain and sorrow He would endure.



SLIDE 7

QUESTION & ANSWER



Q7a: Jesus told His disciples that the time had come for what?

A7: Jesus told His disciples that the time had come for His betrayer to turn Him over to the hands of sinners.

Q7b: Has someone ever accused you of something you didn't do?

TN: Let the students answer. This is a hard thing to go through. Proving that we are innocent of something is not always an easy thing. Now imagine that it was someone you considered a friend and a person you trusted. This is what Jesus went through. Judas was one of His disciples. Jesus had spent nearly every waking moment with these men, so for one of them to betray Him to people who were accusing Him of something He did not do was a sad and terrible thing to experience.



MEMORY VERSES

▶ **Matthew 26:39:** My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine.

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BIG IDEA

▶ Jesus faced his suffering with prayer and trust in the Lord.

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CLOSING PRAYER

▶ Father God, thank You for sending Your Son to die for our sins. Give us the strength and trust we need to carry out the plans You have for our lives that will bring You glory. We ask these things in Jesus' name, Amen.



LESSON TRANSCRIPT

SLIDE 1



As the hour drew near to His death, Jesus took His disciples to an olive garden called Gethsemane. Jesus wanted to spend some time in prayer with His Father to prepare for the pain and suffering He knew He was about to face.

SLIDE 2



As they reached the garden, Jesus said to His disciples, "Sit here while I go over there to pray." Jesus took Peter, James, and John farther into the garden with Him, and he became anguished and distressed. Jesus told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

SLIDE 3



Jesus continued into the garden alone and bowed down, putting His face to the ground and cried out His prayer, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

SLIDE 4



Jesus returned to where He had left Peter, James, and John and found them fast asleep under the olive trees. Jesus said to Peter, "Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"



LESSON TRANSCRIPT

SLIDE 5



After seeing that His disciples were awake, He walked back into the garden to pray a second time. Jesus prayed, “My Father! If this cup cannot be taken away unless I drink it, your will be done.” When he returned to His disciples, He found sound asleep again, for they couldn’t keep their eyes open.

SLIDE 6



Jesus left them to pray for a third time. Jesus prayed the same words He had said before, but as He spoke the words “Your will be done” for a third time, Jesus came to a place of trust. His sorrow and distress were gone, leaving Him fully willing to give His life to save the world from its sins as His Father had asked Him.

SLIDE 7



When He returned to the disciples, who had fallen asleep again, He said, “Go ahead and sleep. Have your rest. But look—the time has come. Judas, my betrayer has arrived to turn over the Son of Man into the hands of sinners.”