



SO QUICKLY WE TUNE OUT

JULY 15, 2026

MATTHEW 26:41 NKJV – (41) Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak.”

Just before His arrest, Jesus was in the Garden of Gethsemane, and He said to His disciples, “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak” (**Matthew 26:41**). The command came after Jesus had been praying to the Father and had found the disciples sleeping instead of praying (**verses 38–40**). He had admonished them to stay awake and pray with Him, but “their eyes were heavy” (**verse 43**), and they kept falling asleep. They slept right up until the time the armed mob came to take Jesus away (**verses 45–47**). Because “the spirit is willing, but the flesh is weak,” the disciples were caught unawares in Gethsemane.

The disciples’ spirits were willing to do what was right. In fact, just a few minute earlier, all of them had pledged their lives to Jesus. But, as it turned out, they couldn’t even pray with Jesus for any length of time. Their flesh was weak. They fell asleep because of their physical human weakness. They were tired. By affirming that “the spirit is willing,” Jesus was saying that He knew the disciples *wanted* to stay awake and pray, but the weakness of the flesh had overpowered the spiritual desire to pray and watch. Jesus was not scolding them but exhorting them to beware of the weakness of the flesh.

Today we must do the same. The devil comes to steal, kill and destroy (**JOHN 10:10**). Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour (**1 PETER 5:8**).

SCRIPTURE READING: PSALM 199:115

THOUGHT FOR THE WEEK: Fine tune to the “Spirit!”