

# The CHOSEN - Season 5 - Episode 8 - Study Guide

**Main Passage: Matthew 26:36-46**

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## Study Guide Overview

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As Season 5 concludes the story of Jesus' last week on earth, His disciples see first hand who Christ's betrayer is. There is immediate temptation to act out of human instinct and Jesus' warning to watch and pray is very appropriate for the events that played out that evening. Christians using this guide will be reminded of the urgency of staying close to God because the struggle between flesh and spirit is very real and possesses real consequences.

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## Group Conversation Starter

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What did you think about the opening scene with Thaddeus and Jesus? Did you see yourself in Thaddeus at all?

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## Bible Passages

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### Matthew 26:36-41

36 Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray."

37 He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed.

38 He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

39 He went on a little farther and bowed with his face to the ground, praying, "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."

40 Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour?"

41 Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

42 Then Jesus left them a second time and prayed, "My Father! If this cup cannot be taken away unless I drink it, your will be done."

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43 When he returned to them again, he found them sleeping, for they couldn't keep their eyes open.

44 So he went to pray a third time, saying the same things again.

45 Then he came to the disciples and said, "Go ahead and sleep. Have your rest. But look—the time has come. The Son of Man is betrayed into the hands of sinners.

46 Up, let's be going. Look, my betrayer is here!"

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*Questions and Next Steps Below*

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### Group Discussion Questions

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1. Jesus was greatly distressed in the Garden of Gethsemane. What do you think was causing Jesus so much agony? (Matthew 26:36-38)
2. Jesus pleaded with His Father to let the “cup of suffering” be taken away. Why do you think God the Father did not spare His Son but had Him fulfill the plan to sacrifice Himself? (Matthew 26:39-42)
3. Why do you think Jesus told the three disciples to “keep watch and pray” so they wouldn’t give in to temptation? What do you think He was warning them about? How can Christians today heed that warning? (Matthew 26:40-41)
4. What did Jesus mean by “the spirit is willing but the body is weak?” Do you think that principle still applies to Christians in modern times? (Matthew 26:41)

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### Personal Next Steps

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- **Self-Check**

- Jesus kept His trusted friends close to Him while He was going through His darkest hour in the Garden of Gethsemane. Do you have a close friend or two that you can reach out to in dark times?
- How do you practice Jesus' instruction to “watch and pray?” Are there any practices you could add to your routine to strengthen your spiritual alertness?

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### Continuing the Conversation

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Is there someone you know that does not know the suffering Jesus went through for them?

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### Pray

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Pray like Jesus and ask that your heavenly Father’s will be done in your life.