



Journey Church
Watch and Pray | Matthew 26:31-46
February 22, 2026

Confident but Unprepared

Matthew 26:31-35

- Confidence without prayer overestimates strength

Overwhelmed but not Abandoned

Matthew 26:36-38; Hebrews 2:17-18

- Feeling crushed does not mean faith is failing

Not Meant to Struggle Alone

Matthew 26:38; 18:19-20

- God often uses a watchful community as connection and protection

Surrender in the Struggle

Matthew 26:39-44; 6:7-13; Hebrews 5:7-8

- Honest prayer shapes our hearts to endure what we cannot escape

Asleep or Prayerful

Matthew 26:40-45; 17:20

- We are never strong enough if we do not pray

Ready to Obey

Matthew 26:45-46

Watch and Pray:

- Watch – Be spiritually alert
- Pray – Before pressure hits
- Surrender – Daily, not just desperately

Small Group Questions:

1. When has your confidence in your own strength let you down? How might prayer change the way you face those moments?
2. Who in your life can you invite to “watch with you” in your spiritual journey? How does being part of a watchful community encourage perseverance?
3. How do you usually respond when life’s pressures feel overwhelming—do you lament honestly, submit to God, or try to carry it alone? How can you grow in praying like Jesus in Gethsemane?

Be Intentional:

What is one truth from the nativity story that you want to take with you into the coming week?

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God’s Word as you pray for each other.