

## SERMON NOTES



### CROSS EXAMINED: “Why are you sleeping?”

March 16, 2025

When is sleep beneficial? Dangerous?

*Luke 22:39 Jesus went out as usual to the Mount of Olives, and his disciples followed him. 40 On reaching the place, he said to them, “Pray that you will not fall into temptation.” 41 He withdrew about a stone’s throw beyond them, knelt down and prayed, 42 “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” 43 An angel from heaven appeared to him and strengthened him. 44 And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.*

*45 When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. 46 “Why are you sleeping?” he asked them. “Get up and pray so that you will not fall into temptation.”*

#### **When we are spiritually sleeping:**

#### **1. Satan gets a \_\_\_\_\_.**

- *Matthew 13:24 Jesus told them another parable: “The kingdom of heaven is like a man who sowed good seed in his field. 25 **But while everyone was sleeping, his enemy came and sowed weeds among the wheat, and went away.** 26 When the wheat sprouted and formed heads, then the weeds also appeared.*
- *Ephesians 4:26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and **do not give the devil a foothold.***

#### **2. Our sinful flesh \_\_\_\_\_ us.**

- *Matthew 26:40 Then he returned to his disciples and found them sleeping. “Could you men not keep watch with me for one hour?” he*

asked Peter. 41 **“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.”**

- *Galatians 5:19* **The acts of the sinful nature are obvious:** sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

### 3. Evil \_\_\_\_\_ around us

- *Matthew 26:45* Then he returned to the disciples and said to them, **“Are you still sleeping and resting? Look, the hour is near, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us go! Here comes my betrayer!”** Why are you sleeping? Be alert!
- *Genesis 6:5* The Lord saw **how great man’s wickedness on the earth had become**, and that every inclination of the thoughts of his heart was only evil all the time.

**When we are spiritually alert:**

#### 1. We can \_\_\_\_\_ others.

- *Matthew 26:38* Then he said to them, **“My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”**
- *Ephesians 6:18* And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, **be alert and always keep on praying for all the saints.**

#### 2. We can avoid \_\_\_\_\_.

- *1 Thessalonians 5:4* But you, brothers, are not in darkness so that this day should surprise you like a thief. 5 You are all sons of the light and sons of the day. We do not belong to the night or to the darkness. 6 **So then, let us not be like others, who are asleep, but let us be alert and self-controlled. 7 For those who sleep, sleep at night, and those who get drunk, get drunk at night.**
- *1 Corinthians 10:12* So, if you think you are standing firm, be careful that you don’t fall! 13 No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. **But when you are tempted, he will also provide a way out so that you can stand up under it.**

- *1 Peter 5:8 **Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.** 9 Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.*

### 3. We can overcome spiritual \_\_\_\_\_.

- *Romans 13:11 And do this, understanding the present time. The hour has come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. 12 The night is nearly over; the day is almost here. **So let us put aside the deeds of darkness and put on the armor of light.** 13 Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. 14 Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.*
- *Ephesians 6:10 Finally, be strong in the Lord and in his mighty power. 11 **Put on the full armor of God so that you can take your stand against the devil's schemes.** 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.*

## MY PERSONAL NOTES

## **SERMON REFLECTIONS: Apply to My Life**

**The thought the Spirit is leading me to focus on is:**

**The change the Spirit is leading me to work on is:**

**The action the Spirit is prompting me to take is:**

**My prayers today are:**

**Someone I would like to bless with today's message:**