

Stay Alert

Scripture Reading: Matthew 26:36-45

Scripture Focus:

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." Matthew 26:41

In "The Message" author Eugene H. Peterson paraphrases the first part of this verse as follows: "Stay alert; be in prayer so you don't wander into temptation without even knowing you're in danger." Jesus is telling his disciples to "stay alert" and "be in prayer."

How often do we wander into temptation without even knowing we are in danger. Here Jesus is telling us the simple way to avoid that possibility; just "be in prayer."

What a thought though! We don't always see temptation coming. Sometimes we may not even realize it when we are actually tempted. We just kind of mosey along, not realizing we are in danger. Why? Because we have not kept our lives in prayer.

By keeping in touch with God we stay alert to those things that might lead us down the wrong path. By keeping in touch with God through prayer we allow Him to speak to us; not only warning us of danger, but preparing us to meet that danger with His strength.