

32 They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." 33 He took Peter, James and John along with him, and he began to be deeply distressed and troubled. 34 "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

Mark 14:32-34

— THE GOSPEL *of* MARK —

35 Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. 36 "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

Mark 14:35-36

— THE GOSPEL *of* MARK —

37 Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Couldn't you keep watch for one hour? 38 Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

Mark 14:37-38

39 Once more he went away and prayed the same thing. 40 When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

Mark 14:39-40

41 Returning the third time, he said to them, "Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. 42 Rise! Let us go! Here comes my betrayer!"

Mark 14:41-42

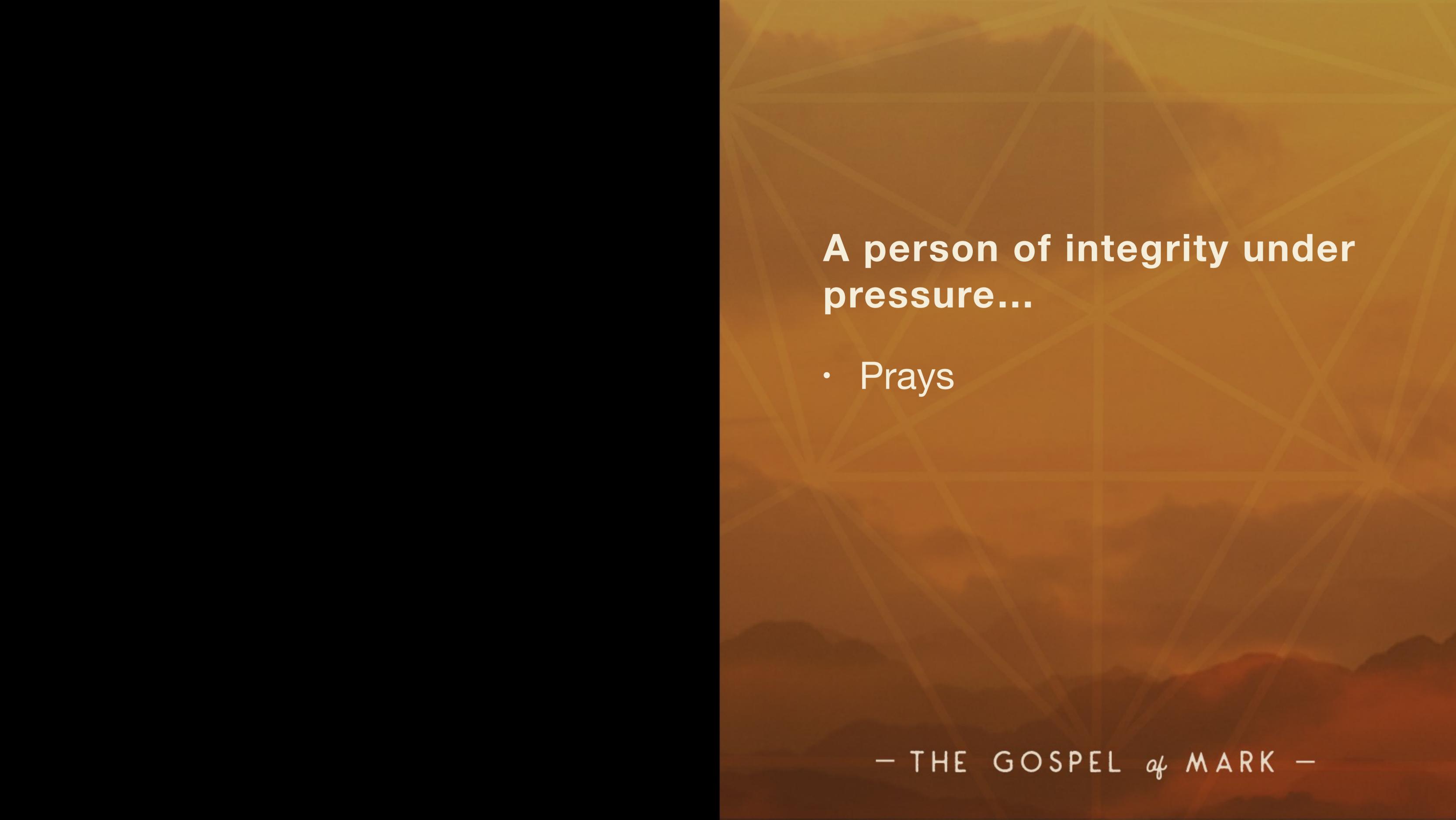
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Mark 14:36



**A person of integrity under
pressure...**

- Prays

— THE GOSPEL *of* MARK —

**You will never know the real
you until you can make a
commitment and stick to it.**

— THE GOSPEL *of* MARK —

**The power to be a person of
integrity comes after the
prayer, not before it.**

— THE GOSPEL *of* MARK —

33 He took Peter, James and John along with him, and he began to be deeply distressed and troubled.

Mark 14:33

A person of integrity under pressure...

- Prays
- Doesn't use pressure as an excuse

17 Awake, awake! Rise up,
Jerusalem, you who have drunk
from the hand of the LORD the
cup of his wrath, you who have
drained to its dregs the goblet
that makes people stagger.

Isaiah 51:17

42 "Father, if you are willing, take this cup from me; yet not my will, but yours be done."

Luke 22:42

— THE GOSPEL *of* MARK —

A person of integrity under pressure...

- Prays
- Doesn't use pressure as an excuse
- Realizes Jesus is not just our model, He's our source

41 Returning the third time, he said to them, "Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. 42 Rise! Let us go! Here comes my betrayer!"

Mark 14:41-42