

Elder Bobby Willis



Matthew 26:41, **“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”**

We often find ourselves in a weakened condition due to any number of reasons, as some are physical (work related, stress related, or due to things beyond our control) while others are of a spiritual weakness. The answer is simple though actually obtaining the answer is not - We All Need Rest! Our bodies tend to give out after awhile due to any number of contributing factors.

Spiritually, our bodies give out as well, and like our natural bodies, we need rest to refresh ourselves. In the text found in Matthew 26:41, it is speaking of the spiritual condition we find ourselves in at any given time. The flesh (desire, zeal, want to, etc.) grows weak at times and thus our spiritual welfare suffers. We all need our family and friends to help us bear through these weakened times as we also should help others when we see them facing the same condition. Paul alludes to this in Romans 15:1 as he says, **“We then that are strong ought to bear the infirmities of the weak, and not to please ourselves.”** We can help our loved ones (natural and church families) by watching out and praying for them. Even then, it is difficult to solve all of the issues or problems they suffer, not counting what we individually face. There is good news coming for all of God’s children when we consider His promises. We are told by Paul, concerning our natural bodies, that **“it is sown in dishonour; it is raised in glory: it is sown in weakness; it is raised in power:...”** (I Corinthians 15:43). So, regardless if your body is weak in natural strength, or weak in spiritual vitality, or both; there will come a time when the Lord will cure all of our ills. He (Christ) is coming back for His children to take us to a place where there will be no more weakness of any kind! What a wonderful promise we have. And, what confidence it gives us in knowing what Paul knew and shared with Timothy, **“for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day”** (II Timothy 1:12). “Watch and pray” everyday and see the Lord come in His power

as He strengthens the weak and gives rest to our weary souls while we live on this earth, with the promise also of His rest eternally. Think About IT!