PLEASANT VIEW BAPTIST CHURCH

Household Worship Guide

October 12-17, 2026

MEMORY VERSE: ***Matthew 26:39***
And besides our own comfort, we rejoiced still more at the joy of Titus, because his spirit has been refreshed by you all.

HYMN OF THE MONTH:
How Great (Psalm 145)

Matthew 26:31-46
31 Then Jesus said to them, "You will all fall away because of me this night. For it is written, 'I will strike the shepherd, and the sheep of the flock will be scattered.' 32 But after I am raised up, I will go before you to Galilee." 33 Peter answered him, "Though they all fall away because of you, I will never fall away." 34 Jesus said to him, "Truly, I tell you, this very night, before the rooster crows, you will deny me three times." 35 Peter said to him, "Even if I must die with you, I will not deny you!" And all the disciples said the same.
36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." 39 And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." 40 And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." 42 Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." 43And again he came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again. 45 Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us be going; see, my betrayer is at hand."

Monday, October 12: "The devil loves discouragement."
Read Matthew 26:36-41
36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." 39 And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." 40 And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

A Pastor tells a story about a public auction that the devil once had. As the prospective buyers assembled, they noticed an assortment of tools that the devil was selling. The tools of worry, fear, lust, greed, and selfishness were all carefully inspected before the sale. But off to one side, standing alone, there was one oddly shaped, well-worn tool which was labeled, "Not for sale." Asked to explain why, the devil replied, "I can spare my other tools, but I cannot spare this one. It is the most useful implement that I have. With it I can work my way deep into the hearts of otherwise inaccessible people. After I have plowed deeply with this tool, the way is open to plant anything there I desire. It is the most effective tool I have. It is the tool of discouragement." Discouragement is not always connected to the devil's work. Discouragement can stem from disappointment. It can be associated with some type of trouble. Discouragement is our heart's

response to adversity, but with the feeling of loss. In Matthew 26:38 the Bible gives us an amazing glimpse into the soul of Jesus the night before He was crucified. We can learn much from the way Jesus fought His strategic battle against despondency or discouragement. How do we overcome discouragement? One thing Jesus did was to choose some close friends to be with Him. Verse 37 says, "Taking with him Peter and the two sons of Zebedee." Jesus called on some of the closest disciples to help shoulder the heaviness He felt as the reality of the cross was just ahead. He chose them to walk with Him to watch and pray for Him. Who is it that you can confide in, trusting that they will help bear your burden, crying out to God for you in prayer?

- What do you do when you are deeply sorrowful/discouraged? What do you learn from the example of Jesus asking Peter, James, and John to go with Him to watch and pray concerning the burdens He carried?
- Memory Verse: Matthew 26:39
- Prayer: Lord, give me godly, spiritual friends that I can confide in and that will help me grow in Christ.

Tuesday, October 13: "Oh Sovereign God, You know what you are doing."

Read Matthew 26:38, 39

38 Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." **39** And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."

There is an encouraging story told of the British missionary Elizabeth Aleward. Miss Aleward had two great sorrows as a young girl: Her hair was black and straight while many of the other girls had golden blonde hair with beautiful curls. Secondly, while all her friends kept growing, she ended up short. Years later, God called her to the mission field in China. As she stood looking at the people to whom God had called her to minister, she said, "I noticed two very apparent observations about these people. First, most of them had long, straight black hair. And, secondly, most of them had stopped growing at exactly the same height as I was. At that moment I bowed my head and prayed, Oh Sovereign God, thank You! You know what you are doing!'" Isn't that how Jesus faced discouragement as He was headed for certain death on the cross? Matthew 26:38, 39 says, "My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but Your will be done." Elizabeth Aleward had the same attitude as Jesus: "Oh, Sovereign God, You know what you are doing!" Jesus identifies with our discouragement. He has been tempted in all points, just as we are, yet without sin (Heb. 4:15). He is the One who can lift heavy hands or a burdened heart. God has given us a life that is going to have times of discouragement and disappointment. The alternative to disappointment with God seems to be disappointment without God. The uncertainty of life can only be handled by a resilient faith in a God who knows what He is doing.

- Examine Matthew 26:38, 39. What do you learn from Jesus' prayer here? When you are going through trials and troubles why is it so difficult to trust in the Sovereignty of God?
- Memory Verse: Matthew 26:39
- Prayer: Father, strengthen me when my heart is overwhelmed with sorrow.

Wednesday, October 14: "Why so cast down, Oh my soul? Hope in God!"

Read Matthew 26:37-39

37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. **38** Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." **39** And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."

Most of us know what it means to be discouraged. Researchers tell us that over four million people a year need treatment for extreme discouragement, the kind that can wreck your life and even drive you to harm.

We know that discouragement comes, but what should we do about it? Many try to change their surroundings and hope that a new location will mean a new beginning. Others turn to the dozens of pills on the market for fighting depression, but is that always the answer? Others believe they just need to try and "have fun" and forget their problems for a few hours. We cannot discount the value of a nice getaway, or a few hours at a ball game, or even competent medical help. But in the long run, the problem of discouragement is a challenge that will not quickly go away. Psalm 42:11 says, "Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God." Here the psalmist comes to grips with discouragement. He discovers that the problem goes deep into his soul. He begins to preach truth to himself. In Matthew 26 it is Jesus who deals with deep sorrow in His soul (v. 38). It is hopeful to see how He worked through it. First, He chose some close friends to be with Him, asking them to prayerfully lift His sorrow to God (V. 37). Then He opened His soul to them, intimately sharing His sorrow and trouble (v. 38). He also requested their intercession in the battle (v. 38). Ultimately, He poured out His heart to His Father in prayer. "My Father, if it be possible, let this cup pass from me" (Matthew 26:39). When you find yourself in deep sorrow, cry out to your loving Father for help!

- Read Psalm 42. When you are discouraged, do you ever meditate on passages like this? Mat. 26:38 says that Jesus shared the deep sorrow of His soul with His closest disciples. Are you able to share the depth of your soul with anyone?
- Memory Verse: Matthew 26:39
- Prayer – Father, awaken my spirit when I grow weary in prayer.

Thursday, October 15: "Resting your soul in the sovereign wisdom of God."

Read Matthew 26:31-46

31 Then Jesus said to them, "You will all fall away because of me this night. For it is written, 'I will strike the shepherd, and the sheep of the flock will be scattered.' **32** But after I am raised up, I will go before you to Galilee." **33** Peter answered him, "Though they all fall away because of you, I will never fall away." **34** Jesus said to him, "Truly, I tell you, this very night, before the rooster crows, you will deny me three times." **35** Peter said to him, "Even if I must die with you, I will not deny you!" And all the disciples said the same.

36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." **37** And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. **38** Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." **39** And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." **40** And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? **41** Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." **42** Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." **43**And again he came and found them sleeping, for their eyes were heavy. **44** So, leaving them again, he went away and prayed for the third time, saying the same words again. **45** Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. **46** Rise, let us be going; see, my betrayer is at hand."

Jesus says in Matthew 26:38, "My soul is very sorrowful, even to death." Do not take this lightly thinking, "well this is Jesus, He's God. He's not really feeling sorrow or discouragement." No, this is the Son of God who is truly human and is feeling real loneliness and sorrow! It is possible for us to become so sad, so heavy, that reality is blurred, and the future seems hopeless. Perhaps you have tasted this. As Jesus' death draws near, His mission seems to be in jeopardy. He fights hard against the immobilizing effects of this horrible weight of sorrow. Jesus fights by crying out for help to His Father in heaven. Matthew 26:39, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." The cup would be all the horrors He would face in the coming eighteen hours — the physical torture, the abandonment of His friends, the separation and turning away of His Father while He becomes sin for us. Knowing human pain, He

asks that if there is any way to achieve God's purpose of salvation without drinking this bitter cup, then let the cup pass without His drinking it. And then He submits: "Nevertheless, not as I will but as you will." So, Jesus's way of fighting against this crushing sorrow is to ask that, if possible, He would not have to drink the cup of agony. But then the most beautiful thing happens: He rested His soul in the sovereign wisdom of God. "Nevertheless, not as I will, but as you will" (Matthew 26:39). Then Jesus, secure in the wisdom and deep love of His Father fixes His eye on the glorious future grace that awaits Him on the other side of the cross. "For the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God (Hebrews 12:2)."

- What happens when you pray and ask God for something and He does not answer in the way you desire? Do you see how Jesus asks, but then rests His soul in the sovereign wisdom and purposes of God? How can we apply His model of praying? How can this bring encouragement?
- Memory Verse: Matthew 26:39
- Prayer: Father, give me grace to obey You even when obedience is painful.

Friday, October 16: "Preach truth to yourself."

Read Matthew 26:42-46

42 Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." **43**And again he came and found them sleeping, for their eyes were heavy. **44** So, leaving them again, he went away and prayed for the third time, saying the same words again. **45** Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. **46** Rise, let us be going; see, my betrayer is at hand."

As we read the account of Jesus in the garden of Gethsemane it reminds me of Psalm 73:26, "My flesh and my heart fail, but God is the strength of my heart and my portion forever." Like Asaph, at some point we will face discouragement. Our hearts, our souls will face sorrow. But then immediately he fires a weapon against his despair: "But God is the strength of my heart and my portion forever." Like the psalmist, Jesus does not yield to discouragement. He battles unbelief with counterattacks. He cries out to the God who is the strength of His life and His portion forever. The Bible is full of people who say, "In myself I feel very weak, helpless, and unable to cope. My body is shot, and my heart is almost dead. But whatever the reason for this despondency, I will not yield. I will trust God and not myself. He is my strength and my portion." The Bible gives many examples of Saints who fix their eyes on the promises of God and the glorious future grace that He will provide. Oh, dear Saint if you are discouraged preach truth to yourself from the word of God. Let verses like Psalm 19:7 sustain you through trouble: "The law of the Lord is perfect, reviving the soul." The soul of the saint sometimes needs to be revived. David says the same thing in Psalm 23:2–3, "He leads me beside still waters. He restores my soul." Our weary souls need to be restored. They can be dying of spiritual thirst and ready to fall exhausted, but God leads the soul to water and gives it life again. God gives these testimonies in the Bible so that we might use them to fight unbelief and discouragement. Our weapon is faith in God's promises: "God is the strength of my heart and my portion forever." Preach that to yourself and believe it.

- Look at Psalm 73:26; 42:1-11; 19:7; 23:1-6. How does the Psalmist remind himself of God's greatness, His promises, His glory through times of discouragement? What can we learn from this? Do you have a favorite passage that helps you through trials and troubles?
- Memory Verse: Matthew 26:39
- Prayer: Lord, help me trust Your will above my own.

Saturday, October 17, Preparing for Sunday Worship: Read Hebrews 1:1-14

Prayer – Father, make us ready to hear your Word. Reveal your truth to our hearts. Give us grace to listen and obey. Bind the enemy of our souls and fill us with Your Holy Spirit. Give us joy as we meet with your people for doctrine, prayer, and worship.