

THE SPIRIT IS WILLING

MATT.26: 36-41 - ³⁶Then Jesus came with them unto a place called Gethsemane, and said unto the disciples, "Sit ye here while I go and pray yonder."³⁷ And He took with Him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy.³⁸ Then He said unto them, "My soul is exceeding sorrowful, even unto death; tarry ye here and watch with Me."³⁹ And He went a little farther, and fell on His face and prayed, saying, "O My Father, if it be possible, let this cup pass from Me; nevertheless, not as I will, but as Thou wilt."⁴⁰ And He came unto the disciples and found them asleep, and said unto Peter, "What, could ye not watch with Me one hour?"⁴¹ **Watch and pray**, that ye enter not into temptation. The spirit indeed is willing, but the flesh is weak."**(Seeking, building, timing, balance)**

During this time of fasting, I don't know about you but there were some things I desired to do to improve my walk with the Lord. a) prayer Schedule b) set time for meditation c) focus on balance between the things to do with the Lord and the things to do for the Lord.

Have you ever noticed how many things seem to distract us when we want to focus on the things of the Lord? It has to be because we allow it.

Heb.12:1-Therefore, since we are surrounded by so great a cloud of ^[a]witnesses [who by faith have testified to the truth of God's absolute faithfulness], stripping off every unnecessary weight and the sin which so easily *and* cleverly entangles us, let us run with endurance *and* active persistence the race that is set before us,

Because it is the Devil that knows if he can distract you, he can break your focus and keep us from accomplishing what God has assigned us to do.

He also knows if he does not distract you in some form or fashion, he will not be able to stop you, because you will be connected to Jesus through faith by your focus on him, the word of God says as the Master was speaking "I and my Father are one". And this is what takes place when we begin to focus. The word says "set our face like flint" on the desire, which is Jesus Christ.