GENESIS TO REVELATION | BIBLE ACCOUNT

Jesus Prays in the Garden

Matthew 26:36-46



YOUR BIBLE READING

Jesus prayed honestly in sorrow and entrusted himself to the Father.

Inside: two extended reading pages, a thoughtful reflection, creative activities and a grown-up guide.

AGES 6-10 WITH AN ADULT • 6 COLORFUL A4 PAGES • ENGLISH ONLY

EXTENDED ENGLISH READING • PAGE 1 OF 2

Sorrow Spoken in the Garden

Matthew 26:36-46



Jesus came with his disciples to Gethsemane. He asked most of them to sit while he went farther to pray. He took Peter and the two sons of Zebedee with him. Matthew tells us that Jesus became sorrowful and deeply troubled. This was not a calm scene in which nothing felt difficult. His coming suffering was near, and the account gives room to the sorrow he openly expressed.

Jesus told the three that his soul was overwhelmed with sorrow and asked them to remain nearby and keep watch with him. He did not hide his distress from them. Their presence and attention mattered in that hour. He then went a little farther, fell with his face to the ground, and prayed to his Father. The one who had taught others to pray was now bringing his own anguish into prayer.

He asked whether, if it were possible, the cup might pass from him. The cup was a picture for the suffering ahead, not a drink he had found in the garden. His request was honest. He did not pretend that suffering was pleasant or easy. At the same time, he entrusted his desire to the Father's will, asking that what the Father wanted would be done.

The prayer holds both the request and the trust together. Jesus named what he wished could be avoided while remaining faithful to his Father. Matthew does not supply the sounds of the garden or private thoughts from the disciples in this moment. The important words are Jesus' own prayer and his request that his companions remain awake. The next part of the account shows how difficult that request was for them to keep.

Remember: I can pray honestly when my heart is troubled.

EXTENDED ENGLISH READING • PAGE 2 OF 2

Returning to Prayer as the Hour Approached



Matthew 26:36-46

Jesus came back to the disciples and found them sleeping. He asked Peter whether they could not keep watch with him for one hour. He told them to watch and pray so that they would not fall into temptation. Their willingness was real, but their human weakness was real too. Jesus named that tension instead of pretending that wanting to be faithful automatically made staying awake easy.

He went away a second time and prayed again. If the cup could not pass unless he drank it, he asked that his Father's will be done. When he returned, the disciples were asleep again because their eyes were heavy. He left them and prayed a third time, using the same words. The account shows repeated prayer in a difficult hour, not an instant escape from the sorrow that had brought him there.

At last Jesus came to the disciples and told them that the hour had arrived. The Son of Man was being betrayed into the hands of sinners. He told them to rise, because the one betraying him was near. The assigned scene ends there, as he prepares to face what is coming. Prayer had not removed the approaching danger, but it had been the place where his grief and trust were spoken.

This scene is important because it shows the reality of Jesus' sorrow as well as his faithfulness. We should not make his anguish disappear in order to call him brave. He asked for another way and still entrusted himself to the Father. His unique saving mission does not tell a child to accept mistreatment. It shows that honest distress can be brought into prayer without being disguised as an easy or cheerful experience.

Pause and think: What honest words or request for support could you use when something feels difficult to face?

THINK, NOTICE & GROW

You Can Speak Honestly When Life Is Hard



Jesus asked his friends to stay nearby. If something is frightening or sad, you can ask a trusted person to be with you. You may need someone to listen, help explain what is happening, or support you in finding safety. Asking for company is not weakness, and a short, honest request can be more helpful than trying to appear untroubled.

Jesus prayed more than once about the same sorrow. You can return to a concern in prayer without searching for a perfect new sentence every time. You can also say when you are disappointed, angry, or unsure. Prayer is not a rule that you must feel calm immediately. A caring adult can help you talk through feelings while you continue receiving practical support.

The disciples were tired, and the danger still approached. This story does not promise that faithful prayer prevents harm. If someone is hurting or threatening you, tell a safe adult and keep seeking help. Jesus' trust in the Father belongs beside his honest sorrow; it is never a reason for a child to keep unsafe treatment secret.

A SMALL STEP FOR TODAY

Jesus brought his real sorrow to the Father and continued in faithful trust as suffering approached.

What honest words or request for support could you use when something feels difficult to face?

Read, Remember & Create

Name: _____ Date: _____

1 Think about the reading

1. What did Jesus ask his friends to do?

2. Did Jesus pretend he was not sorrowful?

2 Put the ideas in order

Write 1, 2 and 3 for the order these ideas appear in the reading.

- ☐ After praying again, Jesus rose as the betrayer approached.
- ☐ Jesus brought his disciples to Gethsemane.
- ☐ He prayed while his friends struggled to stay awake.

3 Draw a meaningful picture

Draw Jesus praying in the garden with his friends nearby.

Tell someone how your picture connects to the reading.

Read & Grow Together

Read and learn with context

This English edition is designed for ages 6-10 with an adult. Read both extended readings together, or enjoy one each day. Pause at unfamiliar words, invite questions and use the reflection page to connect the story with everyday life. These are retellings and lessons with explanations; read the listed Bible passage for context. Poetry, parables, letters and symbolic visions are identified by type.

Remember this

I can pray honestly when my heart is troubled.
Original memory thought, not a direct Bible quotation. Related passage: Matthew 26:38-39,42

A thoughtful conversation

Jesus' unique mission does not require children to accept abuse or remain in danger. Honest prayer can include fear and requests for relief, alongside seeking protection from trusted adults.

Activity answers

1. Stay awake with him and pray.
2. No. He shared his sorrow and prayed honestly to his Father.
Sequence boxes, top to bottom: 3, 1, 2. Personal responses and drawings will vary.

Optional prayer

Father, hear our honest prayers and guide us when we are afraid. Amen.

Print and share

Each pack has 6 pages. Print on A4 at Actual Size (100%). The worksheet is page 5. You may print just that page, or use the separate 150-page activity book. The collection contains 150 packs in Bible book order, 15 volumes and one ZIP. Catalog pack IDs stay the same when new readings are added.

Sources and sharing

English retellings, lessons, reflections and activities by DigiPick (2026), based on Matthew 26:36-46. Source checked with the public-domain World English Bible. Illustration © Sweet Publishing; 40_Mt_26_24_RG.jpg. CC BY-SA 3.0. Source: unfoldingWord. Resized proportionally, without cropping.
This adapted story pack is shared under Creative Commons Attribution-ShareAlike 3.0. Credit the creators, identify changes and use the same license for adaptations. Genesis to Revelation edition 3.0.