

#### Mark 14:32-42

They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.' <sup>33</sup> He took with him Peter and James and John, and began to be distressed and agitated. <sup>34</sup> And he said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' <sup>35</sup> And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. <sup>36</sup> He said, 'Abba,<sup>[a]</sup> Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.' <sup>37</sup> He came and found them sleeping; and he said to Peter, 'Simon, are you asleep? Could you not keep awake one hour? <sup>38</sup> Keep awake and pray that you may not come into the time of trial;<sup>[b]</sup> the spirit indeed is willing, but the flesh is weak.' <sup>39</sup> And again he went away and prayed, saying the same words. <sup>40</sup> And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him. <sup>41</sup> He came a third time and said to them, 'Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners. <sup>42</sup> Get up, let us be going. See, my betrayer is at hand.'

#### Philippians 4:1-9

<sup>1</sup> Therefore, my brothers and sisters,<sup>[a]</sup> whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

<sup>2</sup> I urge Euodia and I urge Syntyche to be of the same mind in the Lord. <sup>3</sup> Yes, and I ask you also, my loyal companion,<sup>[b]</sup> help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life.

<sup>4</sup> Rejoice<sup>[c]</sup> in the Lord always; again I will say, Rejoice.<sup>[d]</sup> <sup>5</sup> Let your gentleness be known to everyone. The Lord is near. <sup>6</sup> Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, beloved,<sup>[e]</sup> whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about<sup>[f]</sup> these things. <sup>9</sup> Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.