

At the most difficult moment in His life, Jesus was so overwhelmed by what He was going to go through on the Cross, that He asked His disciples to stay up and pray for Him in the Garden Of Gethsemane. But twice He returned to them, and they were sleeping. The third time, Jesus simply said: "Sleep on." At this critical moment, He refused to let their lack of support frustrate Him and distract Him from His purpose.

Sometimes when you need people the most, they are not there for you. There is a temptation to think: "I must have them help me get through this." But the fact is that while it is great to have people encouraging and cheering you on, you don't need other people. If you are always depending on someone to rescue you, to be there for you, that is going to limit your growth. God will wean you away from people, so you learn to depend on Him. When friends you are counting on aren't there for you, don't let it frustrate you. Do like Jesus and say: "Sleep on."

Matthew 26:45 "Then He came to the disciples and said: 'Sleep on now and take your rest...'"