TEACH US TO *pray*

May 21, 2023 **DELIVER US | Matthew 6:9-13** **Matt Kinniburgh**

SUMMARY

This past weekend we continued in the Lord's prayer and looked at the request "Lead us not into temptation, but deliver us from evil". In this message we explored how we can pray this because Jesus stood strong in the face of temptation.

READ

Matthew 6:9-13, James 1:2-18 Hebrews 4:14-16.

Pause. Take time to prayerfully consider what has been read,

DISCUSS

1) Based on these readings what do you think it means for God to not lead us into temptation?

2) Watch bibleproject.com/explore/video/the-test/ .What thoughts stick with you from this video?

3) We looked at two ways of viewing sin, we can be fatalistic about sin, seeing it as inevitable that we would sin in any given day. Or as St. John Chrysostom prayed "For a perfect, holy, peaceful, and sinless day, let us ask the Lord." Do you agree with either of these statements? What do you think about the idea of sin not always being inevitable?

4) In *The Screwtape Letters,* C.S. Lewis poses two poles of belief in spiritual evil beings. Either "to disbelieve in their existence" OR "believe, and to feel an excessive and unhealthy interest in them." Where would you find yourself on this continuum?

5) Have you ever considered that not all your thoughts are your own? How do you normally fight temptation? How would it look different to stand strong in the Lord?

6) The prayer says "lead *us*", so this is not just a prayer for individuals but also for communities, what temptations could face our church community? (We invite you to share these with us, email matt@spaconline.com)

RESPOND

The practice of countertalking comes from the writings of the 4th century monastic Evagrius Ponticus. This practice is about retraining your mind to turn from the enemy's obsessive thoughts to truth rooted in Scripture.

- Start by writing out the obsessive thought, a lie you can't shake, a toxic feeling, or a sensation in your body.
- See if you can articulate the lie behind the thought, feeling, or sensation.
- Write out a Scripture or word from the Spirit that counters the lie.

Share how the Spirit is inviting you to respond today and the week to come – to ***be with*** *Jesus, to* ***become like*** *Jesus, or to* ***do what*** *Jesus does.*

PRAY

If you did the practice of countertalking take time to pray the truth over each person.

Take time to wait and pray together. What is Jesus praying for? Come into agreement with His prayers.