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Lead us not into temptation, but deliver us from the evil one

Matthew 6:9-13 (NIV) “This, then, is how you should pray: “ ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. **And lead us not into temptation, but deliver us from the evil one.**”

- Jesus' prayer was intentional. There is a progression in the prayer that moves us from who God is, to who we are, to what we should care about.

Goal of today: How to resist temptation...through prayer (1 Peter 5:8)

1. Be Strong In The Lord And His Mighty Power

Ephesians 6:10-17 (NIV) 10 “Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil’s schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.”

- Belt of truth
- Breastplate of righteousness
- Feet – the gospel of peace
- Shield of faith
- Helmet of salvation
- Sword of the Spirit – the Word of God

Adam & Eve are tempted in the garden (Genesis 3)

James 1:13-15 (NLT) 13 “And remember, when you are being tempted, do not say, “God is tempting me.” God is never tempted to do wrong, and he never tempts anyone else. 14 Temptation comes from our own desires, which entice us and drag us away. 15 These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.”

2. When Tempted, Ask God To Lead You Away

- God will carry you though
 - Word “Deliver” means to “Carry In” Father, pick me up and carry me through this temptation.
 - God will Carry You Through - My strength and reliance is in the Father.
- If the heart of my prayer is truly not to give into temptation, then I will also choose not to put myself in places that will set me up to fail.

Story of David & Bathsheba - 2nd Samuel:11

- How did David go from one extreme to another?
 - It begins with a slow drift away from your Abiding time with Christ.
 - Sin ALWAYS impacts more people than just yourself.

"Temptation is the devil looking through the keyhole. Yielding is opening the door and inviting him in." - Billy Graham

"If the devil can't get you to sin then he makes you really busy."

- Most of the time it's our Abiding time with Christ that gets cut out of our day first.
- When our Abiding time stops, the slow drift happens.

3. God Always Gives Us A Way Out

1 Corinthians:10:13 (NLT) "The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."

- Seek Wisdom From God & His People
 - God gives us each other to encourage, challenge, and walk with us in our struggles of temptation.

Romans 8:1-2 (NLT) 1 "So now there is no condemnation for those who belong to Christ Jesus. 2 And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death."

Philippians 4:8-9 (NLT) 8 "And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you."

Romans 8:14-17 (NLT) 14 "For all who are led by the Spirit of God are children of God. 15 So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." 16 For his Spirit joins with our spirit to affirm that we are God's children. 17 And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his suffering."

Isaiah 30:21 (NIV) "Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

For Small Group Discussion (this would be a great week to do a men's/women's breakout!)

Opening Question: What is a purchase you are "tempted" to make currently? How many items are currently in your Amazon cart?

Main Point: God doesn't tempt us, but He does allow temptation in our lives. Temptation is not the enemy; it tests our faith and can strengthen us if we respond correctly.

Main Scripture: Matthew 6:13

Head Questions

- What are a few biblical examples of someone resisting temptation well? What is a biblical example of someone submitting themselves to temptation and/or giving in?
- What is the difference between temptation and trials? How can trials be valuable to your faith?

Heart Questions

- What strategy do you think the enemy uses to introduce temptation into your life? What false promise does the enemy try to allure you with?
- What things in your life tend to be triggers for temptation? When stress and anxiety are present and what coping mechanisms do you utilize?

Hands Questions

- Do you tend to dance around the line of temptation, or run from it?
- How do you actively avoid temptation in your own life?

Additional Scripture: 1 Corinthians 10:13, James 1:13, Psalm 5:8, Psalm 141:4

Tips and Resources: <https://www.gotquestions.org/lead-us-not-into-temptation.html>

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