

# TEACH US TO *Pray*

Practising Prayer in Community **BIBLE STUDY WEEK**

5

## *Deliver Us From Evil*

### Begin by praying the Lord's Prayer together

*Our Father who art in heaven, hallowed be thy name.  
Thy kingdom come. Thy will be done on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses, as we forgive those who trespass against us,  
and lead us not into temptation, but deliver us from evil.  
For thine is the kingdom and the power, and the glory, forever and ever. Amen.*

**THEME:** Prayer prepares us to face temptations and trials in our daily lives.

In this week's study, we are confronted with perhaps the most misunderstood and confusing part of the Lord's Prayer. The phrase "lead us not into temptation, but deliver us from the evil one" is so confusing to some, that we often choose to ignore it and not pray it at all. Would God actually lead us into temptation? In our study today, we will see examples of temptation, testing and deliverance, and seek to truly understand the role of preparation in prayer, when we face these issues. This phrase is a plea for help, recognising that we cannot try to face temptation and trials alone.

Again, our "posture" in prayer, as taught by Jesus, is reliance and dependance on God, as a Father who knows what we need before we ask Him. In this part of the Lord's Prayer, we recognise our need for deliverance. Our surrounding culture often tends to downplay the concept of temptation, packaging temptation as harmless and unimportant. But it's not just the bad things in the world that can distract us from God, even good things, or healthy desires can become temptations that harm us.

**What do we want Him to teach us?** When we face trials and temptations, we should not try to face them alone in our own strength, but in the power of the Holy Spirit.

### SHARE WITH ONE ANOTHER

Can you share an example of a "good thing" in your life that later became destructive? How did you deal with this issue? Desires are good and often God-given. How do we distinguish whether a particular desire is from God or not, especially when it is not something that is perceived as being 'bad'? Does God tempt us to sin? Does God allow for us to be tested? **Read James 1:2-4**, why does God allow for us to be tested? Do you see how a posture of reliance on God will help us to resist temptation? (**Read James 4:7**)

- ? Why does Jesus teach us to ask the Father to not "lead us into temptation"?
- ? What are the consequences of trying to face trials and temptation on our own?
- ? What makes Jesus the perfect partner in our struggle against temptation?

## GOING DEEPER

**Read James 1:12-15.** According to James, what causes us to be tempted? Do you see how this passage is saying that God is “on our side” when we face temptations and trials? According to 1 Peter 5:8, who is not “on our side”? This is why Jesus continues His prayer “lead us not into temptation... but deliver us from evil (or as some translations say) from the evil one”. Being tempted is not in itself a sin. Even Jesus was tempted. This is why prayer is so important, prayer prepares us to face temptation with God’s help and reminds us to not try to face temptation on our own. In the Gospels we read that Jesus was led by the Spirit to be tempted by the Devil.

**Read Matthew 4:1-11.** What were the three ways in which the Devil sought to tempt Jesus? What do you think was at the heart of each of these temptations? In what ways have you experienced the same patterns of temptation in your life? Based on the setting and context, what is the significance of the timing of Satan’s attack? Do you find yourself being more vulnerable to temptation at specific moments? What did Jesus do to respond to this temptation? The Bible tells us that Jesus was tempted, not merely that Satan wanted to tempt Him. Jesus faced the challenge of temptation in full measure. He understands what we face and is with us in it. (**Read Hebrews 4:15**)

## LET’S PRACTISE PRAYER TOGETHER

Spend some time now in prayer together, sharing your struggles with trials and temptation. We can help one another to recognise that we are powerless to fight temptation on our own. You can be encouraged by the knowledge that you are not alone. We all face temptation, just as Jesus did, and we have the Holy Spirit to help us in our struggle against temptation. Pray for one another, that we will run to God in our moments of weakness and temptation rather than trying to face these trials on our own. Pray that our trials will cause us to “draw near to God” rather than resulting in us becoming distant from Him. Temptations are often appealing and deceiving, if this was not the case, we would not struggle. Pray that we will be “alert” to the schemes of the enemy and able to recognize evil when we face it. Write down a few thoughts of how you can take practical steps to counter the temptations you face. Do you have a friend or accountability partner with whom you can share your struggles? Do you want someone in the group to follow-up with you on an issue that you are currently facing? Bring this issue before the Lord together, asking for Him to help you steer clear of temptation, resist the enemy and experience full deliverance.

# Weekly Prayer Journal

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