

TEACH US TO PRAY

“And do not lead us into temptation, but deliver us from the evil one.” Matthew 6:13

This part of our prayer is one of humbly asking for help to avoid being led into temptation, tests, and trials, and to be delivered instead from the evil one and his desires.

*“Let no one say when he is tempted, ‘I am tempted by God’; for God cannot be tempted by evil, nor does He Himself tempt anyone. **But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. Do not be deceived, my beloved brethren. Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.**” (James 1:13-17)*

We see that God does not lead us into temptation, but rather we are “drawn away” by our own lust. Our propensity to sin is ever with us. Our request to be kept from sin (and not

even led into temptation) ought be made in humility and dependence on God for guidance and protection.

*“Where do wars and fights come from among you? **Do they not come from your desires for pleasure that war in your members? You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask.**” (James 4:1-2)*

*“But He gives more grace. Therefore He says: ‘**God resists the proud, but gives grace to the humble**’. Therefore submit to God. Resist the devil and he will flee from you.” (James 4:6-7)*

We are a mixed-up people, easily warring in lust, only to find God resisting us in our pride.

Therefore, let us ask God to:

- **Keep us from temptation**
- **Keep us from presumptuous sin**
- **Keep us from pride that blinds our eyes and causes God to resist us**
- **Help us to clothe ourselves with humility**

*“Be sober; be vigilant; because your adversary the devil walks about like a roaring lion, seeking who he may devour. **Resist him, steadfast in the faith**, knowing that the same sufferings are experienced by your brotherhood in the world.” (1 Peter 5:8-9)*

“Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.

(Ephesians 6:10-18)

Let us ask God to:

- **Deliver us from the evil one**
- **Loose us from sickness, curses, and plans of darkness**
- **Destroy the works of darkness over our life.** *“...For this purpose the Son of God was manifested, that He might destroy the works of the devil.” (1 John 3:8)*

Let us Confess His blood covering us and His testimony in us, and let us not love our life unto the death. *“And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.” (Revelations 12:11)*

In Summary:

Lead us not into temptation...

- Walk in humility and obedience, acknowledging our dependence upon God to keep us in the way of life.
- Glorify God and give thanks. Gratitude is a “divine insulation” keeping one free from the lusts of the flesh, the lusts of the eye, and the pride of life. Gratitude is an attitude that keeps the heart free.

Deliver us from the evil one...

- Ask the Lord to cover you with the full armor of God
- Ask that God cover you with the blood of Jesus
- Proclaim your faith in Him—the word of your testimony
- Love not your life – even unto death

Five Temptations Common to Man

“Moreover brethren, I do not want you to be unaware that all our fathers were under the cloud, all passed through the sea, all were baptized into Moses in the cloud and in the sea, all ate the same spiritual food, and all drank the same spiritual drink. For they drank of that spiritual Rock that followed them, and that rock was Christ. But with most of them God was not well pleased, for their bodies were scattered in the wilderness”. (I Corinthians 10:1-5)

Lust

- *“Now these things became our examples, to the intent that we should not **lust after** evil things as they also lusted”. (Corinthians 10:6)*

Idolatry

- “And do not **become idolaters** as were some of them. As it is written, ‘the people sat down to eat and drink, and rose up to play’”. (I Corinthians 10:7)

Sexual immorality

- “Nor let us **commit sexual immorality**, as some of them did, and in one day twenty-three thousand fell”. (I Corinthians 10:8)

Tempting Christ

- “Nor let us **tempt Christ**, as some of them also tempted, and were destroyed by serpents”. (I Corinthians 10:9)

Complaining

- “**Nor complain**, as some of them also complained, and were destroyed by the destroyer.” (I Corinthians 10:10)

All things happen for a reason, and God’s got a plan

“Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come. Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; **but God is faithful, who will not allow you to be tempted beyond what you are**

able, but with the temptation will also make the way of escape, that you may be able to bear it". (1 Corinthians 10:11-13)

Five things to do when being tempted

- **Pray the prayer of faith**

This is a bold declaration in God's victory in the present situation that you face. Elisha said to his servant, *"Do not fear, for these who are with us are more than those who are with them."* (2 Kings 6:16) We might say, *"Greater is He that is in me, than he who is in the world"* (1 John 4:4), or *"I shall overcome."* (John 16:33) or *"This sickness is not unto death but for the glory of God."* (John 11:4) Cast your faith to the other side of the temptation; it's your destination.

- **Glorify God**

Abraham grew strong in faith giving glory to God, (Romans 4:20). When you glorify God you extol His greatness and magnify His ability. This protects you from idolatry and trusting in other means instead of God.

- **Exercise Self-Control**

Buffet your body, check your emotions, stop, wait, and listen. Don't run faster; stop, wait, and listen. We have all had the experience of fear gripping our hearts and causing us to run faster and faster. We have also experienced losing vision, casting off restraints, and compromise in order to get what we want. Don't do this! Wait, quiet yourself, and listen.

- **Humble Yourself**

In both, James 4 and I Peter 5, which deal with temptation, we are exhorted to humble ourselves so that God can exalt us in due time.

- **Give Thanks to God**

In the midst of the temptation, thank Him for victory and the lesson learned. His faithfulness is a present help in time of need.