## "The Tool to Topple Temptation and Sin" The Lord's Prayer Part 7

Prayer broadens your understanding of the world

Prayer provides **Focus** and **Clarity** 

Prayer helps you understand God's will

Prayer helps you make the right decision

Prayer gives you direction

Prayer helps you alleviate *anxiety* 

Prayer helps you be present

**Prayer provides power to** *recognize temptations* 

& avoid SIN

Prayer is a powerful tool to <u>advocate for others</u> Prayer provides <u>confidence</u>

Prayer develops and strengthens your

**Relationship with God** 

Prayer develops and strengthens your

**Relationship with others** 

# The Lord's Prayer is a <u>model prayer</u>, teaching Christians how to <u>approach God</u> in prayer and <u>what to ask for</u>

#### Matthew 6: 9

"Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. And forgive us our sins as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen."

## <u>Matthew 6: 13</u> "Lead us not into <u>temptation</u> but deliver us from evil."

Subtle temptations:

- The temptation to do what's quick & easy, instead of What is Right!
- The temptation to <u>do what's right</u>, for the <u>wrong</u> reason.
  - The temptation to do what is <u>self-serving</u> or <u>best for me</u>
    - The Temptation to do what's <u>unimportant</u>
      - instead of doing what <u>Really Matters</u> & is <u>Important</u>!

Subtle temptations:

How about the temptation to <u>Procrastinate</u>?

The temptation to <u>do nothing</u> – when I could help

Being tempted to <u>do what I've always done</u>, or tempted to think the way I have always done it is the best way

## **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." <u>Temptation is a choice</u>: to do <u>right</u> or to do <u>wrong</u>

1 Corinthians 10:13 c "When you are tempted, God will <u>show you a way out</u> so that you can endure.

I must <u>ask Jesus</u> to <u>help me</u>

I must **Identify** what makes me vulnerable

<u>Matthew 26:41 Jesus said</u> <u>"Watch and pray</u> so that you will not fall into temptation. The spirit is willing but the body is weak." When am I most tempted?

#### Where am I most tempted

### **WHO** is with me when I'm most tempted?

## WHAT temporary benefit do I get?

How do I feel right before I'm tempted?

### Plan to **AVOID** Temptation

Proverbs 4:26-27 NLT "Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil."

## Ask God for Help and Pray For Deliverance

### Psalm 50:15

## *"Call upon me in your day of trouble. I will deliver you and you will honor me."*

## Ask God for Help and Pray For Deliverance

#### Hebrews 4:15-16 NLT

"(Jesus) understands our weakness for he faced all the same temptations we do yet he did not sin. So let us come boldly to our gracious God and then we will receive his mercy and grace to help us when we need it."

#### **Philippians 4:8-9**

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in meput it into practice. And the God of peace will be with you"

#### **Ephesians 5:15**

"Be very careful, then, how you livenot as unwise but as wise,

#### James 1:14 NLT

"Temptation comes from our own desires, which entice us and drag us away"

Proverbs 4:23

"Above all else, guard your heart, for it is the wellspring of life."

**Guard Your <u>HEART</u>** 

Spiritual	Heart	Check	-up
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Physically exhausted Discouraged or pessimistic **Bored & discontented** Spiritually dry or empty Alone or distant from others Insecure or unsure Wounded or deeply hurt **Bitter or angry** Sad Like you've failed

01234 Energetic & in shape 01234 Encouraged & hopeful Challenged & contented 01234 Spiritually alive & growing 01234 01234 Close to those you love 01234 **Confident & secure** 01234 Loved & understood 01234 Forgiven everyone 01234 Нарру 01234 Successful

Total: 30 – 40: Good Shape ! 20-30: Yellow /be Cautious < 20 Red zone

## <u>Ephesians 4:27</u> "Do not give the devil a foothold."

Temptation follows a **PREDICTABLE PATTERN** 

### 2 Corinthians 10:5

"....We take capture every thought to make it <u>obedient to Christ</u>."

#### **Romans 12:21**

"Don't let evil conquer you but conquer evil with good."

## Turn Your <u>Attention</u> Elsewhere

## **Psalm 119:6 CEV**

"Thinking about your commands will keep me from doing some foolish thing."

## Partner with a mature Jesus follower

### **Ecclesiastes 4**

"Two are better than one because together if one falls down the other can help him up. But if somebody's alone and he falls [into temptation] there's no one there to help him up."