



A Guide for Spiritual Formation

Series Theme:	Lord, Teach Us to Pray
Text for the Week:	Matthew 6:13
Message for the Week:	Temptation and Evil
Theme for the Week:	Submitting to Christ's Leading

Week 8

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What food is your biggest temptation?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Matthew 6:13](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

Who or what are you/we listening to and trusting to guide us through life? Who are the guides in your life?

What temptations do you struggle with the most?

On a scale of 1-10, (1 being the lowest, 10 the highest) how would you rank your ability to resist temptation(s) when they come?

What do you find effective to resisting temptations when they come?

Does God lead us into temptation? If God does do this, what would this say about God?

Where are Christians embracing darkness today? What lies are we accepting as true? What rationalizations are we embracing?

“Try It!”

During this worship series on prayer, we are going to be experimenting with different prayer practices each week:

Practice #8: Spend some time rewriting the Disciple's Prayer (Lord's Prayer) in your own words.

Prayer:

Spend time in prayer with/for the other people who are with you.

Pray this prayer together:

“Our Father in heaven, hallowed be your name,¹⁰ your kingdom come, your will be done, on earth as it is in heaven.¹¹ Give us today our daily bread.¹² And forgive us our debts, as we also have forgiven our debtors.¹³ And lead us not into temptation, but deliver us from the evil one.”

Matthew 6:9-13 NIV

Missional/Spiritual Practice for the Month: Mission Prayer

During the month of January, pray this [Mission Prayer](#) each day, multiple times throughout your day:

*God, where will your Spirit lead today?
Help me be fully awake and ready to respond.
Grant me courage to risk something new and
become a blessing of your love and peace. Amen.*

Matthew 6:13 New International Version

¹³ And lead us not into temptation,^[a]
but deliver us from the evil one.^[b]

Matthew 6:13 New Living Translation

¹³ And don't let us yield to temptation,^[b]
but rescue us from the evil one.^[c]

Matthew 6:13 The Message

Keep us safe from ourselves and the Devil.