



HOW DO WE PRAY?

AN 8 PART STUDY ON INTIMACY WITH GOD

Session 7: Lead Us Not Into Temptation

*Trusting God for strength,
wisdom, and protection*

Introduction – The Prayer of Humble Awareness

As the Lord's Prayer nears its conclusion, Jesus teaches us to pray:

“And lead us not into temptation, but deliver us from evil.”

These words reveal an important truth about the human condition.

Even as we seek to follow God, we remain vulnerable.

We are capable of drifting.

We are capable of compromise.

We are capable of being drawn toward things that ultimately harm us.

Prayer becomes the place where we acknowledge this vulnerability and ask God to guide and protect us.

Scripture Reading

Read the Lord's Prayer slowly.

Scripture: Matthew 6:9–13

⁹Pray like this: Our Father in heaven, may your name be kept holy. ¹⁰May your Kingdom come soon. May your will be done on earth, as it is in heaven. ¹¹Give us today the food we need, ¹²and forgive us our sins, as we have forgiven those who sin against us. ¹³And don't let us yield to temptation, but rescue us from the evil one.

Notice that Jesus includes this request after teaching about forgiveness.

This reminds us that the Christian life is not only about receiving grace but also about continuing to walk in wisdom.

Key Idea

Prayer acknowledges our weakness and asks God to guide us away from temptation and protect us from evil.

Movement 1 – Understanding Temptation

Temptation is not the same as sin.

Temptation is the moment when we are drawn toward something that leads us away from God's will.

Even Jesus experienced temptation.

Scripture: Matthew 4:1–3



Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ²For forty days and forty nights he fasted and became very hungry. ³During that time the devil^[a] came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.”

The presence of temptation does not mean failure.

What matters is how we respond.

Temptation often appears in subtle ways:

- shortcuts instead of integrity
- resentment instead of forgiveness
- pride instead of humility
- comfort instead of obedience

Prayer helps us remain alert to these moments.

But Scripture also teaches that temptation is not only an internal struggle. There is also a spiritual adversary who actively works to draw people away from God.

Jesus describes this adversary as a thief whose purpose is to steal, kill, and destroy.

Scripture: John 10:10

¹⁰The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

The enemy seeks to distort truth, weaken faith, divide relationships, and lead people away from the life God intends. Clinging closely to Jesus helps us avoid his snares, and helps us live a “rich and satisfying life.”

Peter also warns believers to remain spiritually alert because the adversary is actively seeking people to devour.

Scripture: 1 Peter 5:8

⁸Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

This does not mean Christians should live in fear, but it does mean we should live with awareness. Temptation often appears at the exact places where we feel confident, comfortable, or spiritually distracted.

Prayer keeps us watchful. It keeps our hearts attentive to the subtle ways temptation can appear in everyday life.

Movement 2 – God Does Not Tempt Us

At first glance, the words “lead us not into temptation” can sound confusing.



It might seem as if God is the one responsible for leading people into temptation. Scripture makes it clear that this is not the case.

Scripture: James 1:13–14

¹³And 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. ¹⁴Temptation comes from our own desires, which entice us and drag us away.

God does not tempt people to do evil. Temptation arises from the broken desires within human hearts and from the influence of a world that is often out of alignment with God’s purposes.

When Jesus teaches us to pray this line, He is not suggesting that God might intentionally lead us into sin.

Instead, this prayer is asking God to **guide our path away from situations where temptation could overwhelm us.**

It is a prayer that asks God to shape our decisions, influence our direction, and protect our hearts before temptation takes hold.

In other words, we are asking God to lead us **toward wisdom rather than toward danger.**

Movement 3 – Recognizing Our Human Weakness

Another important element of this prayer is humility.

Jesus teaches His followers to recognize their own vulnerability.

Even the disciples, who had spent years walking with Jesus, underestimated their own weakness.

On the night before His arrest, Jesus warned them to remain watchful and prayerful so that they would not fall into temptation.

Scripture: Matthew 26:41

⁴¹Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!”

Human nature often assumes we are stronger than we actually are. We believe we can handle situations that slowly pull us away from God's will.

But spiritual maturity includes recognizing our limitations.

This prayer becomes an honest acknowledgment:

“I need God’s help.”

Instead of relying on our own strength, we ask God to guide our steps and strengthen our resolve.

Prayer becomes the place where humility replaces overconfidence.



Movement 4 – Deliver Us From Evil

The prayer then continues with another request:

“Deliver us from evil.”

This phrase recognizes that evil is not merely an abstract idea but a real force that affects the world.

Scripture describes a spiritual conflict that exists beneath the surface of everyday life.

Scripture: Ephesians 6:12

¹²For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Followers of Christ are not called to live in fear of evil, but they are called to recognize that spiritual opposition exists.

The prayer for deliverance is a request for God's protection.

It is an acknowledgment that we cannot fully see or understand every danger around us.

But God can.

When we pray for deliverance, we are entrusting ourselves to the protection and guidance of God.

Movement 5 – God Provides a Way Out

Temptation may be unavoidable, but Scripture assures us that it never has to be victorious.

God promises that temptation will never be greater than what we can endure with His help.

Scripture: 1 Corinthians 10:13

¹³The 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.

More importantly, God promises that He will always provide a way out.

Sometimes that way out looks like:

- stepping away from a harmful situation
- remembering truth from Scripture
- listening to wise counsel
- choosing obedience in a difficult moment

When we fly there is always a safety demonstration prior to departure. Part of that demonstration is making you familiar with the exits, and the instruction, “take a moment to look around and locate the two



exits closest to you.” The hope is you will never have to actually use them, but it is important to know where they are if an emergency were to happen. Prayer trains our hearts to recognize those moments when God is providing an escape from temptation.

Without prayer, those moments often pass unnoticed.

With prayer, our hearts become more sensitive to God's guidance.

Movement 6 – Living Watchfully

The final movement of this request teaches believers to live with spiritual awareness.

The Christian life is not meant to be careless or passive. It requires attentiveness.

Scripture often describes this posture as watchfulness.

Believers are invited to live with open eyes and attentive hearts.

Prayer becomes the discipline that cultivates that awareness.

When we pray this line regularly, we are reminded that we depend on God for:

- wisdom in our decisions
- discernment in difficult situations
- strength when temptation appears
- protection from spiritual danger

Rather than trusting in our own ability to avoid temptation, we continually ask God to guide our steps.

In doing so, we learn to live with humility, awareness, and trust in the protection of God.

Summary – Lead Us Not Into Temptation

When Jesus teaches us to pray this line, He reminds us that:

Temptation is part of the human experience.

God does not tempt us but guides us.

Prayer keeps us alert to spiritual danger.

God promises strength and a way out of temptation.

We depend on God's protection and wisdom.

Prayer becomes the place where we remain watchful and humble before God.

Reflection Questions



1. Why do you think Jesus includes this request in the Lord's Prayer?
 2. What forms of temptation seem most common in everyday life?
 3. Why is it sometimes difficult to recognize our own vulnerability?
 4. How does prayer help cultivate spiritual awareness?
 5. Where do you most need God's guidance and protection right now?
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Personal Notes

(Use this space to record thoughts, questions, or reflections.)

Practice for the Week

This week, include this prayer in your daily rhythm:

“Lord, guide my steps today and protect me from temptation.”

Ask yourself throughout the day:

Where might God be inviting me to choose wisdom?

Where might I need to step away from something unhealthy?

Allow prayer to cultivate attentiveness and trust.

Closing Thought

The final request of the Lord's Prayer reminds us that the Christian life is not lived in our own strength.

We walk each day under God's guidance.

And when we ask for His protection, we acknowledge that we trust Him to lead us safely.

