



LET US PRAY

LESSON 7 // HOW TO PRAY—PART 4

Big Idea: One of the ways Jesus helps us grow as His disciples is by teaching and showing us how to overcome challenges we face in prayer. In the Lord's Prayer, He exhorts us to pray through to spiritual victory, including praying for protection and for deliverance. And other Scriptures add more insight and encouragement for us to press through to a breakthrough in prayer.

Matthew 6:13 (NIV) *And lead us not into temptation, but deliver us from the evil one.*

Matthew 26:41 (NIV) *Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.*

1 Corinthians 10:13 (NIV) *No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.*

1 Peter 5:8, 9 (NIV) *Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.*

Ephesians 6:10-13 (NIV) *Finally, be strong in the Lord and in His mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.*

Start Talking:

In the midst of the fallen, evil world we live in, what do you think it means for God to “deliver us from evil” or “the evil one”?

Start Thinking:

Read Matthew 6:13 and 26:41. How do these verses encourage you to prepare for and respond to temptation in your life?

Read 1 Corinthians 10:13. Why is it so important to understand and rely on God's faithfulness in the midst of your spiritual battles?

Read James 4:7 and 1 Peter 5:8-9. What are some practical ways to “resist the devil”?

Read Ephesians 6:10-13. What do you learn from these verses that can help you press through to spiritual victory?

Start Praying and Doing:

Pray through Ephesians 6:10-13 each day this week. By faith in God's Word, “put on the full armor of God” as you head into your day. Look for ways you can resist the devil, fight temptation and “overcome evil with good” (Romans 12:21) throughout the week. And praise God for the victory He has given you in Christ!