

# Teach us how to **pray**

Notes Guide  
**Week Six**



# Lead us not into temptation

## Question Guide

### Way in

After praying for a friend in church one Sunday, they ask for your advice, 'I'm forever battling with this particular temptation, and I just can't seem to overcome it. I feel as though there must be something wrong with me - what should I do?' How would you answer them?

What would you say are the greatest temptations and pressures that Christians face in Surbiton today?

### Read **1 Corinthians 10:1-13**

1. Our culture tends to trivialise temptation and make a bit of a joke of 'sin'. Can you identify some examples of this? Why do you think we make light of what are serious issues?

2. Read 1 Corinthians 10:1-13. The Christians in Corinth were not taking the danger of idolatry seriously. They didn't see any great danger in letting something get in the way of their love for God.

3. Paul reminds them of some events in the history of Israel. Not everyone who was rescued from Egypt made it into the promised land. In fact, tragically, almost a whole generation died in the desert. In verses 1-4 what does Paul stress about the people Moses led through the desert? Why might they have thought that they were safe?

4. Paul explains that the problem began in the attitude of their hearts (v6). In verses 7-10, what four troubles did this lead them into? What similar dangers do we face today?

5. Twice Paul states we need to learn from their example (v6&11). Why do we need to learn this lesson? Why do our hearts go astray? Why is sin so deadly?

6. If someone were to say to you: "there is nothing wrong with giving in to temptation, it's just a bit of fun", how could you respond?

7. If someone said to you: "when I am tempted I just can't resist it, I have to give in", what would you want to say to them?

## Quote for **reflection**

*"Isn't it important in the tests of life and at the points of great pressure and temptation to know that God is in control, that he is still leading us, that he will not let us be tempted above our strength and that he will lead us out into victory and freedom?" (Peter Lewis)*

Pray for each other that you would know this to be true.

# How to pray to keep going

## Question Guide

### Way in

After praying for a friend in church one Sunday, they ask for your advice, 'I'm forever battling with this particular temptation, and I just can't seem to overcome it. I feel as though there must be something wrong with me - what should I do?' How would you answer them?

What would you say are the greatest temptations and pressures that Christians face in Surbiton today?

### Read **Acts 4:23-31**

Verses 23-24 remind us that the followers of Jesus prayed together. Do you find it easier to pray on your own when you're struggling, or to ask others to pray with you? Why do you think we find it so difficult to ask for prayer in church when we are struggling?

What aspects of God that are mentioned in verse 24 are particularly helpful when you are going through pressurised times? Why do you think it is especially helpful to pray with these things in mind? How might it change the way you pray?

Are there any circumstances in your life at the moment in which being reminded of God's greatness is just the encouragement you need?

In verses 25-27, the disciples remind themselves that opposition is not new, and is actually normal, for Christians. How would this have been a great encouragement to them as they pray? In what ways is it inspiring to know that many millions of people through history have experienced great pressure for their faith in Jesus? How might this spur you on to 'keep going' in times of hardship?

Verse 28 is striking. Even when the opponents of God were being at their destructive worst, God never lost control. In fact, they were carrying out his plan! God never stops being in control, even when it appears as though his enemies have the upper hand. In what ways does this encourage you in times of great pressure?

What do you notice about v29-30? Are these the kind of prayers we pray when we are facing difficulties and opposition for our faith in Christ?

What do you think verse 31 would look like in the following places? Why not take some time to pray that it would be a reality:

- in your family
- in your workplace
- in our church
- in our nation

## Quote for **reflection**

*'Here are some of the marks of this prayer. 1) It is corporate — they prayed "together" 2) It was more absorbed in praise and worship to God for who he is, than in our human requests and needs. 3) It was full of Scripture, using the promises and declarations of the Word to guide their prayer. 4) It was a process. They came to realizations and new unity as they prayed. God worked with them during the time of prayer. 5) It sought the presence and glory of God, not just a change in circumstances.'* (Tim Keller)

In what ways are your prayers similar to this, and how are they different?