

Our Father | Episode 7: Lead Us Not Into Temptation

PREPARATION

Sometimes we try to fool ourselves into thinking we can manage sin. We'll only go so far, right? Not a good idea. We need to stay out of sin or sin will do us in.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 7: Lead Us Not Into Temptation.

- o <https://www.echocommunity.us/ctg7.html>

2. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Luke 4:1-13

Romans 6:12-14

Hebrews 12:4-6

James 1:12-15

James 4:7

1 Corinthians 10:12-13

Ecclesiastes 4:9-12

3. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.

- o **2846** This petition goes to the root of the preceding one, for our sins result from our consenting to temptation; we therefore ask our Father not to “lead” us into temptation. It is difficult to translate the Greek verb used by a single English word: the Greek means both “do not allow us to enter into temptation” and “do not let us yield to temptation.” “God cannot be tempted by evil and he himself tempts no one” on the contrary, he wants to set us free from evil. We ask him not to allow us to take the way that leads to sin. We are engaged in the battle “between flesh and spirit”; this petition implores the Spirit of discernment and strength.
- o **2848** “Lead us not into temptation” implies a decision of the heart: “For where your treasure is, there will your heart be also [...] God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, so that you may be able to endure it.”

PREPARATION CONT.

- **2849** Such a battle and such a victory become possible only through prayer. It is by his prayer that Jesus vanquishes the tempter, both at the outset of his public mission and in the ultimate struggle of his agony. In this petition to our heavenly Father, Christ unites us to his battle and his agony. He urges us to vigilance of the heart in communion with his own. Vigilance is “custody of the heart,” and Jesus prayed for us to the Father: “Keep them in your name.” The Holy Spirit constantly seeks to awaken us to keep watch. Finally, this petition takes on all its dramatic meaning in relation to the last temptation of our earthly battle; it asks for final perseverance. “Lo, I am coming like a thief! Blessed is he who is awake.”
- See Also: **2847**

“When tempted, invoke your Angel. He is more eager to help you than you are to be helped! Ignore the devil and do not be afraid of him: He trembles and flees at the sight of your Guardian Angel.” - **St. John Bosco**

SPIRITUAL FITNESS WORKOUT QUESTIONS

Warm-up Question:

What particular point(s) caught your attention the most in this episode?

Workout Questions:

1. David the king was tempted by a glance that led him to sin. What are some of the other devices which the devil uses to tempt you to fall into sin? (An example might be money)

2. In the news, we hear on a regular basis, how prominent figures in our society fall prey to temptation. What is your reaction to that? Why?

3. When you are tempted, what are some of the ways to help prevent you from falling into sin? Read James 1:13-15, 4:7, and 1 Corinthians 10:12-13 again.

SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. What is the biggest temptation that you are currently facing? What steps are you taking to help combat this temptation?

5. The Holy Spirit is our protection against the temptations of the devil. What are some other spiritual resources of the Catholic Church which can be helpful to you in avoiding the near occasion of sin?

6. Why do you think gathering as a team of Christian men on a regular basis is beneficial in the struggle with temptation? Read Ecclesiastes 4:9-12.

PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

I commit to becoming spiritually fit by

CLOSING PRAYER

Lord, I give myself to you now and always.
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.