

Our Father | Episode 8: Deliver Us From Evil

PREPARATION

Guys, we've got good news and bad news. The bad news first: the devil is real. The good news is he can't harm us if we are in right relationship with God and the Church.

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 8: Deliver Us From Evil.

- o <https://www.echocommunity.us/ctg8.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?

Matthew 6:13

Psalm 34:15-17

Matthew 26:41

2 Corinthians 11:14-15

Psalm 37:39-40

James 5:16

Matthew 11:28-30

1 John 3:8

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

- o **2850** The last petition to our Father is also included in Jesus' prayer: "I am not asking you to take them out of the world, but I ask you to protect them from the evil one." It touches each of us personally, but it is always "we" who pray, in communion with the whole Church, for the deliverance of the whole human family. The Lord's Prayer continually opens us to the range of God's economy of salvation. Our interdependence in the drama of sin and death is turned into solidarity in the Body of Christ, the "communion of saints."
- o **2851** In this petition, evil is not an abstraction, but refers to a person, Satan, the Evil One, the angel who opposes God. The devil (dia-bolos) is the one who "throws himself across" God's plan and his work of salvation accomplished in Christ.

PREPARATION CONT.

- **2853** Victory over the “prince of this world” was won once for all at the Hour when Jesus freely gave himself up to death to give us his life. This is the judgment of this world, and the prince of this world is “cast out.” “He pursued the woman” but had no hold on her: the new Eve, “full of grace” of the Holy Spirit, is preserved from sin and the corruption of death (the Immaculate Conception and the Assumption of the Most Holy Mother of God, Mary, ever virgin). “Then the dragon was angry with the woman, and went off to make war on the rest of her offspring.” Therefore the Spirit and the Church pray: “Come, Lord Jesus,” since his coming will deliver us from the Evil One.
- See Also: **2852, 2854**

“Flog your enemies with the Name of Jesus, for there is no weapon more powerful in heaven or on earth.” - **St. John Climacus**

“He who desires to go on advancing from virtue to virtue, from grace to grace, should meditate continually on the Passion of Jesus.” - **St. Bonaventure**

SPIRITUAL FITNESS WORKOUT QUESTIONS

Warm-up Question:

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

Workout Questions:

1. Ephesians 6:12 tells us our struggle is not with flesh and blood but against evil spirits. Why is it impossible to overcome sin and evil without the help of the Holy Spirit?

2. Why would Jesus, who is able to conquer all evil, want us, frail and sinful men, to join Him in this battle against sin? Read 2 Timothy 2:1-5.

3. What holds you back in the battle against evil? Is it an obstacle within or something on the outside? Read Matthew 23:25-26.

SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. What are some spiritual weapons that you can utilize to help you in your struggle with sin? See Ephesians 6:13-17.

5. In John 16:33, Jesus tells us to, "Take courage, he has overcome the world." If you believe this message, what are the ways that you are living it out in your daily life?

6. How can you build up other men so that they might become stronger and more unified in the army of the Lord? Read Hebrews 10:24-25.

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.