



MATTHEW 6:9-13 WEEK 5

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

As we have **Centered and Balanced** ourselves in Prayer this month, we have divided the Lord's Prayer into 5 prayers with a theme focus for each one. For week 5, our focus prayer is found in Verse 13, with a theme of **PROTECTION**.

"AND DO NOT LEAD US INTO TEMPTATION, BUT DELIVER US FROM EVIL."

1. Warm Up Part 1... Review - This week warm up for your workout by reviewing each part of The Lord's Prayer that we have worked out in thus far. Center and Balance yourself in each focus point: POSITION, PURPOSE, PROVISION and PARDON...

2. Warmup Part 2... Read, Copy, Highlight - Read the Lord's prayer out loud, copy it and highlight verse 13.

***Note:** We all need instruction and protection to make sure that we are safe during physical workouts, because left to ourselves, we are prone to injury. So too, as we move through life, we are prone to bringing on our own harm. The Lord knows we need protection. So... why would He lead us to ask Him for something that He already knows? Because we have to know. If we don't know we need His help, we are already well on the way to injury. So, as the Lord leads us to pray, **"And do not lead us into temptation, but deliver us from evil."** He is graciously leading us to pray for protection He knows we need.

3. Same but Different

Throughout Scripture, especially the Psalms, many people prayed for the Lord's protection from temptations and evil. Essentially, they were praying the same thoughts from verse 13, just praying them in a different way. Look up the following verses and allow these prayers to assist in giving voice to your own prayers for the Lord's protection.

Psalm 140:4	Psalm 9:9-10	Psalm 16:1
Psalm 23:4	Psalm 32:7	Psalm 57:1

4. Awareness Training

Mind/Body awareness is a big part of Pilates. And I would say that Soul/Life awareness is a big part of being a disciple of Jesus. The Bible often talks of God going before us to protect us. I believe He is doing that very thing when He leads us to pray verse 12. See basically, He is going ahead of us to lead us in how to get ahead of ourselves. Being aware of our personal temptation struggles in our souls will protect us from falling and bringing injury to our lives. So, journal about the following:

- In what ways do you struggle with temptations in your mind?
- In what ways do you struggle with temptations in your will?
- In what ways do you struggle with temptation in your emotions?
- Now use these lists to pray into verse 12.

5. Humility Training

We need the Lord's deliverance from evil. Sometimes we welcome evil into our own lives and sometimes it attacks us from the outside. Either way, we need His help! The Lord's Prayer began in humility before our Father and it is fitting for it to end with humility as well, a humble crying out to the Lord for deliverance. Keeping these things in mind, journal a humble prayer based on this phrase **"but deliver us from evil"** being careful to articulate the ways that evil might be threatening in your life.

6. Pray the Prayer!

Now that you have centered and balanced yourself in all the parts of The Lord's Prayer, go on a prayer walk. As you do, use all the Scripture Prayer Images to keep you centered and balanced in the Truths of this great prayer!

***Remember in the practice of prayer...praying out loud is really beneficial...**

***Remember in the practice of prayer... pray for yourself, for others, and for the world**