

Fil-Am Community Church
Pastor David Bennett
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Connecting With God
the Lord's Prayer – Part 6

“THE PRAYER OF DELIVERANCE”

Good morning Fil-Am Church, it is so good to see you here this morning, as they say let's get into the word of God or more importantly let's get the word of God into you!

Below is a note that a Pastor received from a member of his congregation that I would like to share with you.

Rick received a note that says this: “Pastor, every morning I start out with great intentions to change my ways. I think today is going to be different, today is going to be the day, but it never is.

Somehow and some way I always seem to fall back into the same old pattern of relating to people and my old bad habits.

Sometimes I feel like there's a tug-of-war going on inside of me, honestly. I really want to do what's best but I always end up disappointing myself and God.

Pastor, I have tried everything:

- ✓ Prayer,
- ✓ Resolutions,
- ✓ Self-help tapes,
- ✓ Even hypnosis.

Nothing seems to work.

- ✓ **Why** do I keep making the same mistakes over and over and over?
- ✓ **Why** am I so resistant to change?

✓ **Why** do I do things that I know are bad for me?

I'm really discouraged and I need help getting unstuck."

Now Saints if we are honest with ourselves we should agree that this note could have been given to **almost any Pastor** in **almost any church** across the world as we all seem to find ourselves in this same trap from time to time.

In fact if you're honest **every one of us** here today has more than likely felt that way at different times in our lives about different things in our lives.

Because the reality of living on this planet is **good intentions** are never **good enough**. Good intentions are never good enough.

If your life is going to change, if you're going to break free from the hurts hang-ups and habits in your life, from the stuff that messes you up, from the past and from your temptations and from bad thought patterns and all kinds of things.

It's going to take more than "Well, I hope I'll do better tomorrow." The reality is we often get stuck in this cycle of...

- ✓ Good intention,
- ✓ Failure,
- ✓ Guilt,
- ✓ Confession,
- ✓ Good intention, failure, guilt, confession and on and on around in a circle.

This is not the way God wants us to live our lives, that's why you need what we're going to talk about today, "**The Prayer of Deliverance**."

Matthew 6:9-13 (KJV) ⁹ "After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. ¹⁰ Thy kingdom come, Thy will be done in earth, as it is in heaven. ¹¹ Give us this day our daily bread. ¹² And forgive us our debts, as we forgive our debtors. ¹³ **And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen.**"

We've been looking at each phrase of the Lord's Prayer, in depth and in detail. Today we come to "Lead us not into temptation but deliver us from evil."

When we say, "**LEAD US NOT INTO TEMPTATION,**" We are asking God 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

When we say, "**BUT DELIVER US FROM EVIL,**" we are pleading with Father for deliverance, be mindful that in addition to that petition Jesus also prayed about our protection in [John 17:15](#), where he says, "*I am not asking you to take them out of the world, but I ask you to protect them from the evil one.*"

When we ask to be delivered from the evil one, we pray as well to be freed from ALL evils,

- ✓ Present,
- ✓ Past,
- ✓ Future.

We often think temptation is an enticement or a lure to do something evil, wicked, mean, bad and nasty. (The really bad stuff...)

- ✓ Murder,
- ✓ Adultery,
- ✓ Fornication.

All of these different sins that *other* people do and we tend to think that temptation is just about the big things in life.

The forbidden, the evil things in life.

But actually I have found that Satan is much more subtle in my life, as well as yours I am sure.

I mean I have not been tempted to murder anybody, in a few months. That's a Joke it has been a few years.

Below is a list of what I call the subtle temptations. I don't know if any of you deal with any of these but I do.

- ✓ The temptation to do **what works**. Not necessarily the right thing but what works.
- ✓ The temptation to do **what's easy**. Like when you're a parent and you set your kid down in front of the television and let that baby sit. And a thousand other ways we do what's easy.
- ✓ The temptation to do **what's quick**.
- ✓ The temptation to do **what is self-serving** or best for *me*.

At times we are so preoccupied with the **unimportant** that we miss out on the things we should be doing. We wind up in the trap below...

- ✓ The temptation to do what I've **always done**.
- ✓ The temptation to do what's right for the **wrong reason**.
- ✓ The temptation to do **nothing**.

When you see something and you think,

- ✓ I know I could help that person
- ✓ I know I could help in that situation
- ✓ I know I could do that
- ✓ But you don't do anything.

The truth is temptation is a lot more subtle than we think it is.

So today we are going to talk about the prayer of deliverance and how it always leads us to the path of escape.

Jesus said, you are to pray, *"Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation."*

God says that the prayer of deliverance is the path of escape. What is the path of escape?

1 Corinthians 10:13 (NASB),

“No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.”

If you say nobody knows what I’m going through, you’re wrong. The temptations that come your way are no different from what others experience.

We all have the same basic temptations in life. Some of your temptations are more unique but temptation is not unique. We all get tempted. They’re not any different.

However, the verse continues, *“And God is faithful. He will keep the temptation from becoming so strong that you can’t stand up against it.”*

Let’s look at that for a minute.

When you say, “It was so strong I just had to give in.” Then you are calling God a liar.

God says I will always make a way out. I will never put more on you or I will never allow more on you than I put in you to bear it up.

When somebody says, “**I just couldn’t help myself,**” they’re not telling the truth because the truth is temptation is a **choice**.

And you only do what you choose to do. So don’t blame anybody else.

Temptation comes with a choice to do right or to do wrong, the choice is yours.

Remember **1 Corinthians 10:13** *“God will keep the temptation from becoming so strong you can’t stand up against it. And when you are tempted he will show you a way out so that you will not give in to it.”*

Therefore today we’re going to look at the way out the way of escape, the way of freedom, and victory.

The first step of the path of escape from the prayer of deliverance is...

1. I must identify what makes me vulnerable.

Notice I didn’t say identify what tempts you. You already know what tempts you. What you may have never really thought through is what causes me to be tempted by that.

- ✓ What makes me **vulnerable** to that temptation?
- ✓ What makes me **weak**?
- ✓ What makes me **susceptible**?

More important than knowing what tempts you is knowing the...

- ✓ when,
- ✓ why,
- ✓ how,
- ✓ where,

As well as all the other factors that goes into that temptation, if you’re serious about permanent life change.

Jesus said this in **Matthew 26:41, (NASB)** *“Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.”*

“Watch and pray so that you will not fall into temptation. The spirit is willing but the body is weak.”

In other words, you may be willing, you may want to overcome your temptation but will power is not enough. **The spirit is willing, but the flesh is weak!**

Have you learned that will power is not enough? No lasting change ever happens with will power.

What is it that you and I need to watch for? You need to watch for the **circumstances** that make you **vulnerable**. You need to identify those.

Your experiences determine what tempts you. It is why some things tempt you and don't tempt other people.

That is why some things that tempt other people don't tempt you, and vice versa!

If you grew up in a house that was prone to blow up in anger you probably learned that pattern. If you grew up in a house where you learned to stuff your emotions, that's the pattern you learned.

- ✓ So some temptations are by **nature**; some are by **nurture**.
- ✓ Some are caused by your **DNA**; some are caused by your **environment**.
- ✓ Some are caused by your **character**; some are caused by your **circumstance**.

What I'm saying is you have a pattern of vulnerability and you better figure out what it is.

Because I want to tell you for sure! **Satan knows what it is.**

Satan **knows** your vulnerable points and he's plotting the moment you wake up. If you wake up in the morning and you don't hit Satan face on it just means you're headed the same direction.

You identify your pattern. You identify what makes you vulnerable.

To get specific, let me give you a few questions you need to ask yourself.

First, you need to ask yourself, when am I most tempted?

What day of the week. You're going to find some days of the week you're more tempted about things than others. Some are on Mondays or on Fridays or on Sundays.

Possibly a certain time of the day, maybe you're more tempted in the morning, lunch or late afternoon.

Maybe you're tempted when everybody else is in bed. You need to figure out when are you most tempted.

I can handle any diet till noon. That's nothing. It's the hours between about 6:00 and midnight, that's my pattern of temptation. It's when I want to eat everything in the refrigerator and buy an extra refrigerator.

I could go out and blame my genes and say I just came from an obese family. Just because it's genetic in me doesn't mean it's right or it's healthy. No, it is not. It is not.

You have to say, when am I most tempted?

You need to ask, where?

Where I am most tempted? Some of you are most tempted at work.

- ✓ Do you get tempted at 7-11s?
- ✓ Do you get tempted at a sports bar?
- ✓ Do you get tempted at the beach?
- ✓ Do you get tempted in front of a computer?

You need to know your area of vulnerability. When am I most tempted, where am I most tempted?

Three, Who? Who is with me when I'm most tempted? You need to know your pattern of vulnerability. Who is with me? Am I most tempted when I'm alone?

- ✓ Am I most tempted when I'm with **friends** who lead me in the wrong direction?
- ✓ Am I most tempted when I'm with my **co-workers**?

- ✓ Am I tempted with my **family**? To say things to my family I would never say to anybody else.

You need to figure this out. This is your pattern. Identify what makes me vulnerable. When? Where? Who?

Four is what? What temporary benefit do I get if I give in to the temptation? There's always a pay off.

The Bible says there is pleasure in sin. But it just says there is pleasure in sin for a season. In other words, it doesn't last, kind of like a snickers bar, quick rush of sugar but will **NOT** sustain us!

So what is the temporary benefit I get when I give in to temptation?

- ✓ Do I get comfort?
- ✓ Do I get excitement?
- ✓ Do I get joy?
- ✓ Do I get pleasure?
- ✓ Do I get a false sense of confidence?

The first step of the path of escape from the prayer of deliverance was to...

- ✓ I must identify what makes me vulnerable and then, step 2.

2. Plan to avoid it.

You don't wait until you're in the situation to decide am I going to give in to this or not? No, you decide before your emotions kick in to gear.

Proverbs 4:26-27, (NIV) ²⁶ "Give careful thought to the paths for your feet and be steadfast in all your ways."²⁷ Do not turn to the right or the left; keep your foot from evil."

Often time's temptation is fulfilling a legitimate desire however, it is doing it in the...

- ✓ Wrong way.
- ✓ Wrong time.

- ✓ Wrong amount.

Temptation is when we abuse and misuse what God has given us.

So temptation, what it does, it turns a routine desire into a runaway desire. I gotta have it, and I gotta have it right now.

- ✓ Wrong time,
- ✓ Wrong way,
- ✓ Wrong amount.

It becomes more important than anything else. It's all you think about.

Any good God-given desire out of control can become a sin. So you have to plan in advance.

"I know I get tempted in sports bars." **Simple**. Don't go to sports bars. If you don't want to get stung you stay away from the bees.

So you know the when, the where, the why, the who, the what, the how that makes you vulnerable. Then you plan to avoid that area.

This will cause you to rethink some of the people and places you go, and in fact as a Christian there are certain places and things you need to cut out of your life as they are not healthy and in many cases downright dangerous to your survival rate...

The first step of the path of escape from the prayer of deliverance was to...

- ✓ I must identify what makes me vulnerable and then,
- ✓ Plan to avoid it, the third step is...

3. I guard my heart.

I must guard my heart. This is very, very important because the Bible says that out of the heart everything comes. Out of the heart a man speaks and all of the issues of life.

Temptation always starts inside of you. We think temptation is on the outside.

No, it is not. The trigger is on the outside but the temptation is actually inside you.

If there were no natural temptation inside you it wouldn't have any attraction for you. It's like a magnet; it doesn't attract plastic because there's nothing inside the plastic that's metal to pull it up.

James 1:14 (NASB), *“But each one is tempted when he is carried away and enticed by his own lust.”*

*“We are tempted by **our own** desires that drag us off and trap us.”* Look at this next verse.

James 1:15 (NASB), *“Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.”*

If you're serious about breaking some bad habits and breaking a bad temptation, you've got to do a little heart check up first.

Ephesians 4:27 (NIV), *“Do not give the devil a foothold.”*

- ✓ It's a mental state.
- ✓ It is a negative emotion.

Any time you hold a negative emotion in your life for an extended period of time whether it's anger or worry or fear or bitterness or envy or jealousy or all of these other things. The longer you hold that you are allowing the evil one to get a stronghold in your life, in your brain.

So you've got to guard your heart.

The first step of the path of escape from the prayer of deliverance was to...

- ✓ I must identify what makes me vulnerable and then,
- ✓ Plan to avoid it, then
- ✓ Guard my heart, the fourth step is...

4. You need to pray for deliverance.

The Bible tells us that God is ready to help. He says we're to pray "*Lead us not into temptation but deliver us from evil.*" That is the prayer of deliverance. You ask God for help.

The Prayer of Deliverance is often just one word: *help!*

It doesn't have to be "Our gracious heavenly Father..." No. You can do when you come to the prayer of deliverance, you can do a microwave prayer, *help!*

I'm walking through this. Keep my eyes straight. I'm going through this time. I don't like this person. I have to deal with this person.

I do not want to get angry. I do not like the way my relative treats me and I'm going to see them today and "Oh, God! You've got to help me!

So you pray for deliverance.

The Bible is full of examples of people who've prayed for deliverance!

Why can I expect God to help me when I pray the prayer of deliverance?

Because God has promised it

God says you don't have to have a long conversation. You can just say "Help!

God, I'm facing something now that will power is not enough to keep me being nice to this person or whatever. God, I need to pray the prayer of deliverance."

God's sympathetic to your situation. He knows everything that's going on in your life. He knows how irritating those people are. He knows the things that tempt you. Jesus understands our weakness for he faced all the same temptations we do yet he did not sin.

Psalm 50:15 "*Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*"

Notice he says Jesus understands, because, he faced the same temptations.
(Empathy)

The Bible says he was tempted in all ways as we yet he sinned not. That's the difference. **He never gave in.** He had the freedom to choose.

The Bible says, "*Come boldly to God.*" Come and say "**HELP!** I need your help." God isn't ticked with you when you get tempted. He's not going to scold you when you're tempted. He's saying, I'm ready here to help.

So I pray for deliverance.

The first step of the path of escape from the prayer of deliverance was to...

- ✓ I must identify what makes me vulnerable and then,
- ✓ Plan to avoid it, then
- ✓ Guard my heart,
- ✓ Pray for Deliverance, and the fifth step is...

5. **I turn my attention elsewhere.**

- ✓ I change the **direction** of my thoughts.
- ✓ I **refocus** on something else.
- ✓ I shift my **attention**.

If you're watching something on TV that you don't like, you don't sit there and go, "I'm not going to listen...I'm not going to listen... I'm not going to listen..."

No. You just change the channel, or you get up and **WALK** away.

Here's the secret to temptation: **don't fight it.**

Yes you heard me correct, don't fight it, because you can't win that fight!

Just refocus. Don't resist, "**Refocus.**"

Remember whatever you resist persists. Whatever you resist persists.

The key to overcoming temptation is not push back. It's just change my focus.

All of a sudden I'm not interested in that any more. When I get a new focus, when I refocus, all of a sudden that which had my attention I forget about. It's not that I'm resisting it; I just forget about it.

Whatever gets your attention gets you.

The battle for sin always starts in the mind.

Psalms 119:6 (NRSV), *"Then I shall not be put to shame, having my eyes fixed on all your commandments."*

Because if I'm thinking about your commands, if I'm thinking about truth, I'm not thinking about the dumb stuff I could be doing.

If you focus on good things in life, godly things in life, true things in life, it's going to pull you that direction. If you focus on the stuff that's at the movies and the stuff that's in the magazines and the stuff it is going to pull you that direction.

Whatever you **focus** on gets your **attention**.

Temptation always follows a predictable pattern.

- ✓ Attention,
- ✓ arousal,
- ✓ Action.

That's the way every single temptation works.

- ✓ Attention – your mind gets hooked.
- ✓ Arousal – your mind kicks in. Emotions.
- ✓ Action – you act on it.

2 Corinthians 10:5 (NIV), ⁵ *"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

You can't always control the way you feel but you can control what you think. And if you change the way you think, it changes the way you feel and that will change the way you act.

What you've got to do is refocus on something else and the feeling loses its attraction because of your attraction and attention on something else.

Romans 12:21 (NASB), *“Do not be overcome by evil, but overcome evil with good.”*

This is called the **“Principle of Replacement.”** Fill your mind with truth, good thoughts, good things and it pushes out all of the junk in your mind.

This pattern of thinking is not easy, however, it is possible. You can learn how to do it.

So here are the steps. Verse 5.

Identify what makes me vulnerable. I know why I get tempted.

- ✓ Then I plan to avoid those places.
- ✓ Just stay away from those things.
- ✓ Don't watch that channel.
- ✓ Have somebody put a block on your computer.
- ✓ Or on your television.

Guard your heart.

- ✓ Know when you're emotionally low.
- ✓ Pray for God's help.
- ✓ Ask God to give you deliverance.
- ✓ Pray the prayer of deliverance.
- ✓ Turn my attention elsewhere.

The first step of the path of escape from the prayer of deliverance was to...

- ✓ I must identify what makes me vulnerable and then,
- ✓ Plan to avoid it, then
- ✓ Guard my heart,

- ✓ Pray for Deliverance,
- ✓ Turn my attention elsewhere, and the last step is...

6. Get a group and or a partner.

Saints nothing works like this, it is absolutely critical that you need to have...

- ✓ You need an accountability partner,
- ✓ you need to have a spiritual partner,
- ✓ you need to have a spiritual friend,
- ✓ you need to be in a small group (Home Group, for accountability)

I told you from the beginning that just will power alone is not enough for permanent change. You've got to get a group and you've got to get a partner.

The Bible says this ...

John 6:63 New Living Translation (NLT), ⁶³ *"The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life."*

John 6:63 Amplified Bible, ⁶³ *"It is the Spirit who gives life [He is the Life-giver]; the flesh conveys no benefit whatever [there is no profit in it]. The words (truths) that I have been speaking to you are spirit and life."*

Change has to come inside.

Here's is a very serious question to you from somebody who really loves you.

How serious are you about breaking free?

- ✓ That thing that you keep going back to it, and keep going back to it.
- ✓ That habit, that pattern of thought, that pattern of I always get angry in that situation,
- ✓ I always get impatient in that situation,
- ✓ I always tend to build myself up in that situation,
- ✓ I always get ... whatever.

How seriously are you interested in changing and breaking free?

- ✓ You will never do it without support.
- ✓ You will never do it on your own.

We need each other to break free of our Hurts, Hang-Ups, and Habits.
You need accountability in your life.

The very thing that you want least is the very thing you need most. You need a friend who checks up on you and you need a group that supports you.

Ecclesiastes 4:9-10 (NASB), *“⁹ Two are better than one because they have a good return for their labor. ¹⁰ For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up.”*

You need somebody in your life to help you on the three biggest habits in your life that you want to change. You’re not going to change them on your own so just quit kidding yourself.

If you could, you would but you can’t so you won’t and you’re never going to change without a group giving you support and without a person giving you accountability.

Galatians 6:1 (NASB), *“Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted.”*

The moment you admit your temptation, **you start moving to freedom.**

- ✓ Because if I can’t talk about it, it’s already out of control in my life.
- ✓ Otherwise you’re just in denial, it is out of control.

When you talk about a problem it helps you gain control.

Holding on to a hang up only **intensifies** it. It makes it **worse**. Wearing a mask makes you miserable. And pretending makes it **worse**.

Let us pray...

Father God, you know me inside and out, you know the temptations in my life, as well as the temptations I am facing right now.\

Father, you are also able to look ahead and see the temptations that lay ahead of me, that I am not even aware of.

Right now, I am asking for Deliverance!

I am willing to follow the path and principle of escape so I can become free!

Help me clearly see the patters in my life that lead to temptation, give me the strength to identify and avoid them, help me refocus on other things when I'm tempted.

I want to commit to an accountability partner or join a small group in order to become accountable.

I realize that the majority of my problems start with me, so please show me the things within me that need to be brought to light and dealt with.

In your name I pray...

Amen.