HOW to pray
Part 5. God's Help

Watch the **Summary Video** then read the Lord's Prayer together – **Matthew 6.9-13**

You might also want to open up the **MetroMentoring.org** Prayer course and check out the **Week 5** notes.

- Lead us not into temptation but deliver us from evil. Is this category of prayer – Spiritual Warfare – something that you practise regularly? If not, why not?

- Philip spoke about the difference between Testing & Temptation. God tests us hoping we will pass; Satan tempts us hoping we will fail. Have you ever thought of it like that? Is this a helpful way to think about things?

- Testing and trials both **Show** our character and **Grow** our character – in one direction or another. Can you give an example of this from your own life?

- Read 1 Peter 5.8. How alert are we to 'our enemy the devil'? Do you think we underplay the reality of spiritual warfare and its dangers, or overplay them?

- Think again of the 5 types of prayer recommended by Jesus – Adoration, Intercession, Petition, Confession & Spiritual Warfare. Which of the 5 comes most naturally? Which of the 5 do you need to give more time and attention to?

- What changes, if any, would you like to see in your prayer life as a result of going through this series?

BIG IDEA: We are at war with the evil one who wants to tempt us and destroy us. Testing shows and grows our character, one way or the other. But God invites us to ask for His deliverance in every sphere of our struggle.

Try another practical response session. Give people pen and paper, or encourage them to use a Notes app on their phone. Ask everyone to write down 1 or 2 temptations or struggles that they face in each of the three circles – Your Heart, Your Relationships, Your Situation.

Ask people to name one thing they've written down that they're comfortable in sharing. Then pray for each other for victory in these areas. This might be easier in smaller groups of 2s and 3s.

As before, guide people in the direction of the **mentoring app**, if they're not already registered (metromentoring.org).