

WATCH AND PRAY

The Lord's Prayer, Summer 2023: Matthew 6:9-13

August 13, 2023

*"Watch and pray so that you will not fall into temptation.
The spirit is willing, but the body is weak."
Matthew 26:41*

Temptations

"Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven

"This, then is how you should pray: 'Our Father in heaven, hallowed be your name,

¹⁰ *your kingdom come, your will be done on earth as it is in heaven.*

¹¹ *Give us today our daily bread.*

¹² *Forgive us our debts, as we also have forgiven our debtors.*

¹³ *And lead us not into temptation, but deliver us from the evil one.'*

Matthew 6

¹¹ *These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come. ¹² So, if you think you are standing firm, be careful that you don't fall! ¹³ No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. ¹⁴ Therefore, my dear friends, flee from idolatry.*

1 Corinthians 10 (note that 10:14 is often placed with the next paragraph)

¹² *Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.*

¹³ *When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each one is tempted when, by his own evil desire, he is dragged away and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.*

James 1

1. Temptation and evil cannot be faced with the power of the flesh alone
2. The words "temptation" and "trial" both translate the same Greek word. To decide which is the best translation, look at the source and the purpose:
 - temptations come from the world, the devil and my sinful desires; it's goal is my destruction
 - trials are allowed by God for my maturity
3. Remember Psalm 23 and the "through not from" principle

Heidelberg Catechism, Part III: Gratitude, Lord's Day 52

Q 127. What does the sixth petition mean?

A. "And do not bring us to the time of trial, but rescue us from the evil one" means:

By ourselves we are too weak to hold our own even for a moment.¹ And our sworn enemies—the devil,² the world,³ and our own flesh—⁴never stop attacking us.

And so, Lord, uphold us and make us strong with the strength of your Holy Spirit, so that we may not go down to defeat in this spiritual struggle,⁵ but may firmly resist our enemies until we finally win the complete victory.⁶

¹ [Ps. 103:14-16](#); [John 15:1-5](#) ² [2 Cor. 11:14](#); [Eph. 6:10-13](#); [1 Pet. 5:8](#) ³ [John 15:18-21](#)

⁴ [Rom. 7:23](#); [Gal. 5:17](#) ⁵ [Matt. 10:19-20](#); [26:41](#); [Mark 13:33](#); [Rom. 5:3-5](#)

⁶ [1 Cor. 10:13](#); [1 Thess. 3:13](#); [5:23](#)

Jesus, temptation and the evil one

Then Jesus was led by the Spirit into the desert to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

⁴ Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

⁵ Then the devil took him to the holy city and had him stand on the highest point of the temple. ⁶ "If you are the Son of God," he said, "throw yourself down. For it is written:

" 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone. '"

⁷ Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ⁹ "All this I will give you," he said, "if you will bow down and worship me."

¹⁰ Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'"

¹¹ Then the devil left him, and angels came and attended him.

Matthew 4

¹⁷ For this reason he had to be made like his brothers in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people. ¹⁸ Because he himself suffered when he was tempted, he is able to help those who are being tempted.

Hebrews 2

1. Jesus turns to the word to respond to the devil and temptations
2. Jesus' temptation and suffering is part of his identification with me and with humanity
3. Jesus experienced temptation for my atonement and my encouragement

Living out the sixth petition

The eighth sentence is *a petition respecting our weakness*--"Bring us not into temptation." It teaches us that we are liable, at all times, to be led astray, and fall. It instructs us to confess our infirmity, and beseech God to hold us up, and not allow us to run into sin. We ask Him, who orders all things in heaven and earth, to restrain us from going into that which would injure our souls, and never to allow us to be tempted above that which we are able to bear. (1 Cor. 10:13)

The ninth sentence is *a petition respecting our dangers*--"deliver us from evil." We are here taught to ask God to deliver us from the evil that is in the world, the evil that is within our own hearts, and not least from that evil one, the devil. We confess that, so long as we are in the body, we are constantly seeing, hearing, and feeling the presence of evil. It is about us, and within us, and around us on every side. And we entreat Him, who alone can preserve us, to be continually delivering us as from its power. ([John 17:15.](#))

J.C. Ryles

Step One: Watch and Pray (which means stick close to Jesus!)

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

⁴⁰ Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. ⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

Matthew 26 (see John Owens' "Temptations" and Mike Adkins' "How to Tell the Difference")

Step Two: Nurture the biblical perspective on trials and temptations

² Consider it pure joy, my brothers, whenever you face trials of many kinds, ³ because you know that the testing of your faith develops perseverance. ⁴ Perseverance must finish its work so that you may be mature and complete, not lacking anything

¹⁶ Don't be deceived, my dear brothers. ¹⁷ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. ¹⁸ He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

James 1 (Doug recommends the Challies article to start)

Step 3: Fill up with the good stuff

*I write to you, young men, because you are strong,
and the word of God lives in you,
and you have overcome the evil on e.*

¹⁵ Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶ For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world. ¹⁷ The world and its desires pass away, but the man who does the will of God lives forever.

1 John 2 (see John 15:1-6; 17:13-17 and John Piper's sermon on this text)

Resources for further study

The poster for Matthew does a good job of showing the 5 Parts of the gospel, reflecting a “new Torah”, can be found at <https://bibleproject.com/downloads/posters/>

Ryle has a commentary of Matthew 6 at <https://www.gracegems.org/Ryle/m06.htm>

J. C. Ryle also has a wonderful study of how believers should respond to the disciplining work of God at <https://www.monergism.com/finger-god>

Here are some of our growing number of prayer resources:

The CRCNA’s Prayer Guide illustrates how to use the Lord’s Prayer as a guide to corporate prayer at https://www.crcna.org › files › the_lords_prayer

Kevin DeYoung’s article at <https://www.crossway.org/articles/what-does-it-mean-to-pray-your-kingdom-come/>

Lora Copely’s “Extraordinary Prayer” article at <https://www.abideproject.org/articles/extraordinary-prayer>

Becket Cook’s story of his mother’s prayer at <https://www.youtube.com/watch?v=uFWl9eWkmWg>

Tim Challies has a good place to start at <https://www.challies.com/articles/3-truths-to-speak-to-your-temptation/> and his “Particular Temptations of Young Men” is for everyone, at <https://www.challies.com/articles/the-particular-temptations-of-young-men/>

John Owen’s 1658 essay “Temptation” at <https://www.biblebb.com/files/owen/Owen-Temptations.htm>

D. A. Carson wrote a series of “open letters” to young believers, and his letter on temptation is very good. <https://www.crossway.org/articles/an-open-letter-to-the-christian-disheartened-by-ongoing-temptation/>

John Piper’s sermon on 1 John 2 is helpful at <https://www.desiringgod.org/messages/the-word-of-god-abides-in-you-and-you-have-overcome-the-evil-one>

Mike Adkins has a wonderful piece on how to tell the difference between a temptation and a trial at <https://discovergrace.com/is-it-a-trial-or-a-temptation-how-to-tell-the-difference/>

Larry Stockstill has a good summary of the pattern of the Lord’s Prayer at <https://larrystockstill.com/blog/prayer-template>

Keller has a good listen at <https://gospelinlife.com/downloads/the-upside-down-kingdom-5106/> or the .pdf version at <https://www.scribd.com/document/258555474/Upside-Down-Kingdom-Tim-Keller>

Keller also has an 8-part series on the Lord’s Prayer on .mp3 at <https://www.monergism.com/lords-prayer-8-part-mp3-sermon-series>

[Monergism.com](https://www.monergism.com) has many resources on the Sermon on the Mount at <https://www.monergism.com/topics/sermon-manuscripts-mp3s-scripture/matthew/sermon-mount-ch-5-7>

Bob Deffinbaugh has a sermon on this passage at <https://bible.org/seriespage/fatal-failures-religion-3-externalism-matthew-61-18>

Spurgeon has an interesting prayer take is at <https://www.spurgeon.org/resource-library/sermons/the-secret-of-power-in-prayer/#flipbook/>