

# Knee Deep

## Lead us not... | Week 9

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“Lead us not into temptation.” All sorts of things tempt us, and often those temptations are a lot harder than we’d like to admit. This week wades through the tests and tempts we deal with.

### THIS WEEK

**Memorize:** [Psalm 23:5b](#)

*You anoint my head with oil; my cup overflows.*

### This Week’s Action Step

Spend 10 minutes each weekday in a place of solitude. Read a Bible passage. Be still in God’s presence. Pray using the Lord’s Prayer to guide you. Journal your thoughts and prayers. List the things you’re asking for. Review each day what you wrote the days before. Mark when and how God answers it. Adopt a prayer posture of humility. Pray prostrate, bowed, or on your knees.

This week: List some struggles. Pray “lead us not” into each. Journal and track like the “daily bread” exercise.

## MONDAY

1. Discuss some things that tempt you? How do you deal with them?
2. What’s one temptation you would like God to spare you from?

**Read:** James 1:2-18

## TUESDAY

1. Discuss a test you’re facing. How are you dealing with it?
2. To what end do you think God may be allowing you to face this?

**Read:** Psalm 33

## WEDNESDAY

1. Discuss a time or situation when you resisted temptation? What got you through it?
2. Discuss a time or situation that you gave into temptation? What was the outcome?

**Read:** Psalm 34

## THURSDAY

1. The Bible talks about ways God tests, but James 1:13 says God does not tempt. How do you define testing vs tempting?

**Read:** Psalm 35

## FRIDAY

1. In 1 Cor 10:12, Paul says God won’t let you be tempted beyond what you can bear. Talk about a time this didn’t seem true. Talk about a time it showed itself to be true.
2. How has temptation made you stronger? Weaker?

**Read:** Psalm 36