

# Knee Deep

## Deliver us from... | Week 10

---

### Memorize: [Psalm 23:6](#)

*Surely goodness and love will follow me all the days of my life*

### 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.

Consider using these techniques: 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. This week, adopt a prayer posture of humility. Pray prostrate, bowed, or on your knees. Pray "deliver us from the evil one" into each. Journal and track.

## MONDAY

1. Do you think of evil more as a concrete reality or abstract spiritual thing? Or a guy in a bad Halloween costume?
2. Describe the different focus and perspective praying "deliver us from evil" vs "deliver us from the evil one" brings.

**Read:** Matt 4:1-11

## TUESDAY

1. "Evil" takes many forms. What evil(s) in your life are you looking to be delivered from?
2. Could there be evils that you're not aware of? How do you identify evil?

**Read:** Psalm 37

## WEDNESDAY

1. The phrase uses "us". What are "evil(s)" that we, as a community, need to be delivered from?

**Read:** Psalm 38

## THURSDAY

1. What are some ways God has rescued/delivered you from evil?
2. Do you think of yourself as someone who needs to be delivered? Delivered from evil? Delivered from the evil one? Delivered daily? In what ways?

**Read:** Psalm 39

## FRIDAY

1. In what ways does this last piece of Jesus' prayer flow out of all of the prior requests? (How do the prior parts of the Lord's Prayer lead up to this one?)

**Read:** Psalm 40