



St. Thomas Aquinas Youth (STAY)

Baptism and the Our Father **(deliver us from evil/lead us not into temptation)**

Outline of Events:

6:30—Dinner
7:20—Video about Nick Vujicic on “getting back up”
7:30— Our Father Activity and if time, talk on CCC 2853 (page 4)
7:50—leave for small groups
8:00— Small Groups

Lesson Content

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Rite of Baptism	5
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Lex Credent (Belief)	

Main Points

The lesson will focus on 2 of the 7 Our Father petitions, the last two. Lead us not into temptation and deliver us from evil. And will show how these two specifically go with Baptism.

The Our Father has seven petitions:

Of the seven petitions the last four petitions present to the Father of mercies our wretchedness and our expectations. They ask him to

1. Feed Us.
2. Forgive us.
3. Sustain us in temptations.
4. Free us from the evil one

The answer to our prayer comes in living out the Sacraments:

1. Feed Us (Physically but also spiritually through the Eucharist)
2. Forgive Us (Through Reconciliation)
3. Sustain us in temptation and free us from the evil one (Baptism, strengthen by Confirmation)

The Third petition (Thy will be done on earth as it is in heaven) is accomplished through our Vocation (Marriage and Holy Orders)

Large Group Activity: Put 5 of the 7 Our Father petitions on a board, wall. Give us the day our daily bread. Forgive us our trespasses. Led us not into temptation. Deliver us from evil. Thy will be done on earth as it is in heave. Make 5 cards. Eucharist, Confession, Baptism and Confirmation (make two cards, since the sacraments go together), Vocation (Holy Order/Marriage). Have volunteer(s) place the Sacrament cards next to the petition they thing they match with. **CLUE:** Put the Our Father petition from last to first and then the Sacraments will match in the order we receive them. In the early Church Confirmation was administered shortly after Baptism so the two are linked. The latter confirms the former.

The Our Father is the “summary of the whole Gospel” (Tertullian), “the perfect prayer” (Saint Thomas Aquinas). Found in the middle of the Sermon on the Mount (Matthew 5-7), it presents in the form of prayer the essential content of the Gospel.

- The Compendium 579 -

What does “Lead us not into temptation mean”?

Compendium 596. What does “Lead us not into temptation” mean?

We ask God our Father not to leave us alone and in the power of temptation. We ask the Holy Spirit to help us know how to discern, on the one hand, between a trial that makes us grow in goodness and a temptation that leads to sin and death and, on the other hand, between being tempted and consenting to temptation. This petition unites us to Jesus who overcame temptation by his prayer. It requests the grace of vigilance and of final perseverance.

The Church’s Year—Fr. Leonard Goffine

We ask God to avert all temptations or at least not to abandon us when we are tempted. We cannot, indeed, be entirely free from them in this world, they are even necessary and useful for our salvation: for without temptation there is not combat, without combat no victory, and without victory no crown.

Baltimore Catechism

Q. 17 What is temptation?

A temptation is anything that incites, provokes, or urges us to offend God.

Q. 18 What is the best means to overcome temptation?

The best means of overcoming temptation is to resist from the very beginning, by turning our attention from it; by praying for help to resist it; and by doing the opposite of what we are tempted to do.

Q. 19 Does God tempt us to sin?

God does not tempt us to sin; but He permits us to be tempted to try our fidelity or punish our pride; and to give us an opportunity of meriting rewards for ourselves by overcoming the temptations.

Q. 20 Can we resist temptation?

We can always resist temptation if we wish, for God always gives us sufficient grace and never permits us to be tempted above our strength.

Q. 21 Is it a sin to be tempted?

It is not a sin to be tempted, because we cannot prevent it. It is sinful only to consent or yield to the temptation or needlessly expose ourselves to it.

Q. 22 From what do our temptation come?

Our temptations come either from the devil, our spiritual enemy, or from the world; that is, the wicked persons, places, or things in the world; or from the flesh; that is our body with its strong passions and evil inclinations.

Q. 23 Should we seek temptation for the sake of overcoming it?

We must not expose ourselves to temptation, but, on the contrary, carefully avoid it, yet resist it bravely when it assails us.

What does “Lead us not into temptation mean”?

My Catholic Faith

Temptations come to us

1. from the world, other people and things of this earth full of vanities
2. from the flesh, that is, from our own weak and corrupted nature
3. from the devil, the evil one whose only joy is in dragging souls to sin.

We must do our part in resisting temptation by being vigilant against it, and by avoiding the occasions of sin. “Pray, that you may not enter into temptation” (Matthew 26:41) “God is faithful, and will not permit you to be tempted beyond your strength” (1 Corinthians 10:13)

Basic Catholic Catechism Course—Fr. John Hardon, S.J.

“Lead us not into temptation” is a petition for the light to recognize temptations when they come and the strength to resist them. We do not ask to be delivered from all temptation, since it is part of God’s providence to test our loyalty in His service. We pray to be protected from all manner those temptations

- Of the flesh or concupiscence (the tendency to sin)
- Of the world, or the bad example of other people
- Of the devil, who was permitted to tempt even Christ the Lord

We ask for the light to know how to avoid exposing ourselves to temptations that God foresees would be too strong for us. We are not asking to be spared temptation, but to be strengthened under trial. We pray that the temptation God permits in our lives will help us grow in virtue because we have been tried. We admit that, of ourselves, we could not overcome the temptations that assail us and so we call upon divine power to assist us.

Of resisting temptations from the Imitation of Christ, book 1, Chapter 13

As long as we live in this world, we cannot be without temptations and tribulations. Hence it is written in Job “Man’s life on earth is a temptation.” Everyone therefore should be solicitous about his temptations and watch in prayer lest the devil find an opportunity to catch him: he who never sleeps, but goes about seeking whom he can devour. No one is so perfect and holy as sometimes not to have temptations and we can never be wholly free from them. Nevertheless, temptations are very profitable to man, troublesome and grievous though they may be, for in them a man is humbled, purified and instructed. All the Saints passed through many tribulations and temptations and were purified by them. And they that could not support temptations, became reprobate and fell away.

Many seek to flee temptations, and fall worse into them. We cannot conquer by flight alone, but by patience and true humility we become stronger than all our enemies. He who only declines them outwardly, and does not pluck out their root, will profit little; nay, temptations will sooner return and he will find himself in a worse condition. By degrees and by patience you will, by God’s grace, better overcome them than by harshness and your own importunity. Take council the oftener in temptation, and do not deal harshly with one who is tempted; but pour in consolation, as you would wish to be done unto yourself. Inconstancy of mind and little confidence in God, is the beginning of all temptations. For as a ship without a helm is driven to and fro by the waves, so the man who neglects and gives up his resolutions is tempted in many ways.

What does “But deliver us from evil” mean?

Compendium 597. Why do we conclude by asking “But deliver us from evil”?

“Evil” indicates the person of Satan who opposes God and is “the deceiver of the whole world” (Revelation 12:9). Victory over the devil has already been won by Christ. We pray, however, that the human family be freed from Satan and his works. We also ask for the precious gift of peace and the grace of perseverance as we wait for the coming of Christ who will free us definitively from the Evil One.

2852. (But deliver us from evil)

“A murderer from the beginning, ...a liar and the father of lies,” Satan is “the deceiver of the whole world.” Through him sin and death entered the world and by his definitive defeat all creation will be “freed from the corruption of sin and death.” Now “we know that anyone born of God does not sin, but He who was born of God keeps him, and the evil one does not touch him. We know that we are of God, and the whole world is in the power of the evil one.”

Saint Ambrose says, “The Lord who has taken away your sin and pardoned your faults also protects you and keeps you from the wiles of your adversary the devil, so that the enemy, who is accustomed to leading into sin, may not surprise you. **One who entrusts himself to God does not dread the devil.** “If God is for us, who is against us?”

2853 (But deliver us from evil)

Victory over the “prince of this world” was won once for all at the Hour when Jesus freely gave himself up to death to give us his life. This is the judgment of this world, and the prince of this world is “cast out.” “He pursued the women” (Rev 12:13-16) but had no hold on her: the new Eve, “full of grace” of the Holy Spirit, is preserved from sin and the corruption of death (the Immaculate Conception and the Assumption of the Most Holy Mother of God, Mary, ever virgin). “Then the dragon was angry with the woman, and went off to make war on the rest of her offspring.” (Rev. 12:17) Therefore the Spirit and the Church pray: “Come, Lord Jesus,” since his coming will deliver us from the Evil One.

2854 (But deliver us from evil)

When we ask to be delivered from the Evil One, we pray as well to be freed from all evils, present, past, and future, of which he is the author or instigator. In this final petition, the Church brings before the Father all the distress of the world. Along with deliverance from the evils that overwhelm humanity, she implores the precious gift of peace and the grace of perseverance in expectation of Christ’s return. By praying in this way, she anticipates in humility of faith the gathering together of everyone and everything in him who has “the keys of Death and Hades,” who “is and who was and who is to come, the Almighty.”

Basic Catholic Catechism Course—Fr. John Hardon, S.J.

“Deliver us from evil.” Finally we ask God to preserve us from all evil of soul, and especially from eternal damnation. We ask to be preserved from all other evil that God foresees would not be beneficial for our spiritual life either because we lack the strength to endure the evil, or the generosity to profit from whatever God may send us.

The closing petition of the Lord’s prayer is an act of faith in our Savior. As the angel told St. Joseph, speaking of the Child to be born of Mary, “You must name Him Jesus, because He is the one who is to save His people from their sins” (Matthew 1:21). We are therefore admitting that we are sinners; we are accepting the fact that only Jesus can save us from our sins and we are asking the Father, through the merits of His Son, to deliver us from the guilt and punishment that our sins deserved.

Baptism and the Our Father

Taken from the Ceremonies of Baptism from the 1962 Roman Missal. In the longer, older Baptismal Rite there were much more references to “deliverance from evil”

Below some of these references which show how Baptism is definitely delivering us from evil.

“Receive the mark of the cross on your forehead and within your heart”

“We beg Thee, O Lord God, graciously hear our prayers. Guard Thy chosen one, N., with the never-failing power of the cross of Christ, with which he (she) has been marked.

“Accursed devil, never dare to desecrate this sign of the holy cross which we are tracing upon his (her) forehead. Through the same Christ our Lord.”

- Satan has been defeated by the cross and can not stand it's mark

“Take from him (her) all blindness of heart. Free him (her) from the snares of Satan which until now have held him (her)...may he (she) be relieved of the corruption of evil desires.

The Exorcism Prayers

“I exorcise you, unclean spirit, in the name of the Father and the Son and of the Holy Ghost. Come forth, depart from this servant (handmaid) of God, N., for He commands you, accursed and damned spirit, He Who walked upon the sea and extended His right hand to Peter as he was sinking. Therefore, accursed devil, acknowledge your condemnation and pay homage to the true and living God; pay homage to Jesus Christ, His Son, and to the Holy Ghost, and depart from this servant (handmaid) of God, N., for Jesus Christ, our Lord and God, has called him (her) to His holy grace and blessing, and to the font of Baptism.”

“I exorcise you, every unclean spirit, in the name of God, the Father almighty, and in the name of His Son, Jesus Christ, our Lord and Judge, and in the strength of the Holy Ghost, that you may depart from this creature of God, N., whom our Lord has called to His holy temple in order that he (she) may become a temple of the living God and that the Holy Spirit may dwell in him (her). Through the same Christ our Lord, Who will come to judge the living and the dead and the world by fire.

The Rejection of Satan

Do you reject Satan? And all his works? And all his pomps (empty promises)?

The Effects of Baptism

Taken from the Compendium section 263

1. Baptism takes away original sin, all personal sins and all punishment due to sin. (deliver us from evil)
2. It makes a baptized person a participant in the divine life of the Trinity through sanctifying grace, the grace of justification which incorporates one into Christ and into his Church. (There is no better way to recognize temptation and resist it than being connect to Christ, who recognized and resisted it)
3. It gives one a share in the priesthood of Christ and provides the basis for communion with all Christians.
4. It bestows the theological virtues and the gifts of the Holy Spirit. (The Theological virtue of Hope helps us keep our eye of Christ and Heaven and long to be delivered from the things of this world. The Gifts of the Holy Spirit counsel, helps us to know the dangers to our soul and fortitude, helps us to combat obstacles between us and the good.
5. A baptized person belongs forever to Christ. (We are not from the father of this world, the father of lies, but we call out OUR FATHER, we are claimed by Christ)
6. He is marked with the indelible seal of Christ.

Some Thoughts...

1. Many people get hung up on the word “lead” and question why would God “lead” me into temptation. Ask your group what “lead us not into temptation means”. You can also ask them, “does God lead us into temptation?”

CCC Section 2846 says, “We therefore ask our Father not to “lead” us into temptation. It is difficult to translate the Greek verb used by a single English word: the Greek means both “do not allow us to enter into temptation” and “do not let us yield to temptation”

When are times that we are most likely to “enter into temptation”?

What people, place, things help us to “enter in”?

When are we more likely to yield to temptation in our lives? A priest once gave me the acronym H.A.L.T. saying that we are most likely to yield to temptation and thus sin when we are Hungry, Angry, Lonely and Tired. You could give your group the acronym and see if they can guess what the letters represent. Ask them if they think this is true.

2. There is a phrase that says, “God never gives us nothing we can’s handle”. God does not will temptation or even want it but He does allow it. He only allows each person to be tempted to the measure that the person can handle the temptation. In other words when you are tempted it is within your will power, with the help of God’s grace to resist the temptation. “God is faithful, and will not permit you to be tempted beyond your strength” (1 Corinthians 10:13)

God will always provide a way out of temptation. Give some examples of how God has provided a way out of temptation? For example maybe a couple is watching a movie on the couch alone (tempted to make-out, etc.) and the phone rings or someone knocks on the door.

Many Saints have said, “I would rather die than commit a sin”. St. Dominic Savio phrase was “Death, but not sin”

Under the most extreme temptation (maybe someone asking you to renounce your Faith in Christ) death, martyrdom is the way that God provides. This “way” has been provided and taken by many of the faithful and because of this witness we see that sin is never an option if someone is willing to die for Christ, die for the good.

Give some examples of when you have said no to sin and had to die to self or had other “deaths” maybe the lost of friends, humiliation, persecution, etc.

Remember our Lord’s words, “Blessed are those persecuted for holiness”

Some Thoughts...

3. Part of what we are asking for in the Our Father is the light, which comes from the Holy Spirit, to recognize temptation.

What is a temptation? Not examples of temptations? In other words what makes something a temptation?

Anything that would incite, provoke or urge us to offend God

What things in most incite, provoke and urge us to offend God in our lives?

Where do temptations come from?

You can easily remember using D.F.W. (not Dallas—Fort Worth) but...

The Devil—satan and all his wicked angels (demons) who are ever seeking to draw us into sin and always seeking, by temptation and by work or example, to carry us along with them in the broad road that leads to damnation so that we may be damned with them.

The Flesh— our own corrupt inclinations and passions, which are the most dangerous of all our enemies.

The World—the false teachings of the world and the society of those who love the vanities, riches and pleasures of this world better than God.

4. **Why does God allow temptation?** This also can go with #1

God does not impose / force us to follow Him. We must choose to remain faithful and follow Him. We have two choices at all times, to please God or to offend God. If we say yes to God we have said no to sin, if we say yes to sin we have said no to God.

God allows temptation because he allows us to have a choice.

How can temptation be good for us?

- It can test our faith, with no temptation this is no combat, no combat, no victory, no victory, no crown.
- When we are prideful and feel like we are the greatest, it is then that we mostly fall. Temptation humbles us.
- Temptations helps us to realize that we must always rely on God, that is why we pray, “lead us not into temptation”
- Temptation can purify us in the sense that we are being tested, and can pass the test and gain confidence in God’s strength and mercy and our obedience and faithfulness to Him.
- Temptation can instruct us on what not to do in the future and how to help other and ourselves avoid sin. We begin to know our weaknesses, what we can take and what we can’t take. When and how and why we fall into sin. Who and What to avoid.

Some Thoughts...

5. Is Temptation a Sin? This is a great question and it might be good to take a poll, or split the group into two sections those who say yes and those who say no, then have the two groups defend their position. The answer is NO! Temptation is not a sin.

When does temptation become a sin?

The following are sins:

When we consent or yield to temptation.

When we purposely expose ourselves to temptation.

What are some good ways to not consent or not expose ourselves to temptation?

Give as many examples of the following as possible.

- resist from the start (what are examples of this...maybe continuing to walk past a group that is gossiping rather than lingering around to hear more)
- turn your attention from the temptation (if everyone is looking lustfully at someone turn your attention somewhere else).
- pray to resist (The best prayer is, “Save me Lord or I will perish” or “Jesus, save me, Mary, help me”)
- do opposite of what you are tempted to do (if you are about to blow up with anger, go the other way and be nice and kind to the person, maybe say some nice words and give them a hug and move on before you change your mind.)

6. Pages 4, 5 and 6 all have to deal with “delivering us from evil” Try to make as many connections between baptism and the Our Father Prayer as possible.

You could first ask the group what the effects of Baptism are (page 6) and ask how those effects “deliver us from evil”.

Also ask the group if they have been to a baptism lately and if they remember it. The part they probably will remember is the “renouncing satan” part. This would be a good part to talk about and show how at our baptism we renounce satan.

Ask them how in our daily life we:

Reject satan

Reject his works (what are his works)

Reject his empty promises (what are his empty promises)

You can also share with your group page 5 which is the longer / older baptismal rite which has tons of references to “delivering us from evil”

7. **VIDEO**—The prayer from Mass on page 10 as well as the thoughts on the page go with the video testimony about Nick’s life. You may want to have a quick discussion about Nick, hope and getting back up when we fall.

Lex Orandi, Lex Credenti (Prayer and Belief)

After the Lord's Prayer at Mass we pray:

“Deliver us, Lord, we beseech you, from every evil and grant us peace in our day, so that aided by your mercy we might be ever free from sin and protected from all anxiety, as we await the blessed hope and the coming of our Savior, Jesus Christ.”

We are fallen, we know this because of original sin (Baptism takes away original sin)

We continue to fall, we know this because we have personal sin (Confession takes away personal sin)

Confession is called the second Baptism

By living out our Baptism, strengthened by Confirmation and nourished by the Eucharist we do HOPE to be ever free from sin. This is our goal, our hope, we don't give up. When we fall we get back up.

Under the weight of our sin, Christ himself fell three times as He walked to Calvary. He got back up to show us that even under the heaviest weight of sin (which was the cross) Hope does not leave.

"For the just man falls seven times and rises again, but the wicked stumble to ruin."

This verse does not justify sin; but rather affirms that "all men are sinners" but that some sinners get back up and some do not.

The just man examines his conscience and is aware of his thoughts and actions; shows sorrow for his sin, has a resolve to sin no more, confesses his sin and does necessary penance.

We continue to get back up each time we pray “deliver us from evil”, “lead us not into temptation”. We continue to get back up each time we live out our baptismal vows, and call upon the gifts we received at Confirmation and each time we go into the confessional.

One of the sins against the Holy Spirit which is the unforgivable sin as stated in Mark 3:29 is **obstinacy in sin** or continuing to stay in sin once you know that you are in sin. Proverbs says this is to “stumble to ruin”.