

## **Session 6 A Conversion on Self-Awareness (Chapter 8 in *The Only Prayer You'll Ever Need*)**

### ***“And Lead Us Not into Temptation”***

The first assignment of the Lord’s prayer is *forgiveness and generosity*. These are expressions of love and reflect the power we have in our life to change relationships, families, and the world. They can turn an enemy into a friend. They can build and create, bring hope and healing. They remind us that the prayer pushes us to use the power we have been given to make a difference with our life for good.

The second assignment, *self-awareness*, is about understanding ourselves so that we can be more effective with the life we’ve been given. This includes knowing our strengths and our limitations. These two assignments, *forgiveness and generosity* and *self-awareness* together suggest the importance of a life of integrity that connects what we do with who we seek to be.

The petition “lead us not into temptation” uses language that recalls Biblical stories. It makes a specific ask of God. When we pray this petition of the prayer, it is our acknowledgement that we can succumb to the temptation to live for too little. The humility it expresses is a critical part of self-awareness. It offers to help us see ourselves with our strengths and our vulnerabilities. It may help us learn how to develop gifts and talents and avoid pitfalls. It can open life to further self-discovery, to friendships and to greater awareness of the world around us.

The petition may remind us of the famous injunction of Socrates to “Know thyself.” To be fully human is to live with awareness of our strengths and weaknesses, of our capacity to grow and develop as well as our limitations. Jesus invited us to pray for understanding and awareness that helps us to recognize where we can best serve. Self-awareness is where broader awareness begins.

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**Open the time with prayer**, inviting God to be present, and praying the words of the Lord’s prayer through the sixth petition, concluding with the words “lead us not into temptation.”

### **Opening questions**

Is temptation simply a part of life?

Is the expectation that there will be challenges and dangers in life helpful to us?

What sorts of temptations can your group identify?

### **Our experience**

How has awareness of your gifts and strengths helped you in your life?

How has awareness of your limitations helped you in your life?

Where have you been most tested?

What have you learned about yourself through the challenges and tests life includes?

### **The prayer**

Does God lead us into temptation?

Do you find this petition difficult to understand? What helps you?

How is praying this petition an act of humility?

How is this prayer about the importance of being honest with ourselves and with others?

How could this prayer help open our eyes to a sense of calling?

### **Our aspirations**

Do you think other people may know you better than you know yourself?

How can greater self-awareness help us live our best life?

How can greater self-awareness make us more appreciative of others and foster friendships?

How can greater self-awareness lead to greater compassion for others?

Is there a person who models for you a life with a commitment to self-awareness?

How can self-awareness deepen our understanding of the part we can best play for a better world?

**Close with prayer** for greater self-awareness and for those present with you.

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*“No testing has overtaken you that is not common to everyone. God is faithful and will not let you be tested beyond your strength, but with the testing will also provide you with the way out so that you may be able to endure it” (1 Corinthians 10:13).*