

# PRAY WITH COMMITMENT

Lord, HELP  
me not...

- Faith is not required
- Anyone can pray this
- Failure is expected
- Not compelled to obey



Lord, I  
WILL not...

- Faith IS required
- Exposes true heart
- Failure is more convicting
- Jesus is required



## A Psalm of David Psalm 101

*"I will sing of mercy and judgement: Unto thee, O Lord, will I sing. I will behave myself wisely in a perfect way. O when wilt thou come unto me? I will walk within my house with a perfect heart. I will set no wicked thing before mine eyes: I hate the work of them that turn aside: It shall not cleave unto me. A froward heart shall depart from me: I will not know a wicked person."*

# PRAY WITH COMMITMENT

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## Questions:

1. Do you struggle with passivity?
2. Do you ever blame God for your lack of overcoming in the area of sexual sin?
3. Which type of prayer is more common for you? (a) "Lord, help me not..." (b) "Lord, I will not..."
4. Have you ever prayed with a commitment mindset? That is, "Lord, I will not..."

## Consider:

1. To be clear, there is nothing wrong in the "Lord, help me" prayer. However, it comes from a different standpoint than the prayer of commitment ("Lord, I will not..."). How are these prayers different?
2. Why is it natural to shy away from the prayer of commitment?
3. What advantages does the commitment prayer afford?
4. These two prayers highlight two important perspectives in the fight for purity. God's job and your job.
  - a. List some of the things God must do in your sexual purity battle.
  - b. List some of the things you must do in your sexual purity battle.

## Challenge:

1. Choose one item from 4b above that you will commit to do over the next week.
2. Try praying a prayer of commitment.

## For our next meeting:

1. Report on your level of passivity.
2. Report on your experience praying commitment prayers.