**Wednesday 27th May**

Matthew 6: 13

And lead us not into temptation,
    but deliver us from the evil one.

I have seen something on Facebook recently about the effects of Lockdown on different people. It said you will either become a ‘Monk, Hunk, Chunk, or a Drunk’! I wonder if you recognise which of those you might veer towards! It is a light-hearted recognition, that there are some dangers that we might fall into at this particular time. One of the sinister back-stories of this time has been a rise in pornography use and domestic violence (often closely related in my opinion). When our lives have been turned upside down, if we don’t run to Jesus the danger is that we will run to something else to try to dull the pain. The trouble is that, just like scratching a mosquito bite, if we try to scratch the itch with anything other than Jesus, it will just get itchier and ultimately infected! The enemy is real, and prowls around us looking for someone to devour (1 Peter 5: 8). He wants nothing more than for us to believe his lies that help can be found elsewhere. The Good News is that there is deliverance! Jesus has defeated the enemy, and he doesn’t get a say in our lives – unless we give him one. And if we have fallen for his tricks, as we heard yesterday, we don’t have to stay in that place. There is forgiveness and freedom and a way out.

*Lord Jesus, thank you that you defeated the enemy on the cross, and that because I belong to you I get to stand in that victory! Help me to stand firm today in the strength that you give. We pray for those who are struggling with temptation today. We pray for everyone for whom lockdown is reawakening old struggles and addictions. In your name we declare freedom and righteousness! We thank you that your way is the way of life. Help us to run to you as the only one that satisfies. In your name. Amen.*

