PRAYER TO CARRY TODAY

CAN'T PUT IT DOWN? HE CAN. YOU CAN SLEEP NOW.

Lord, I can't put it down on my own.
Bring me not into temptation tonight.
Deliver me from the evil one, and
keep watch while I sleep.

"Bring us not into temptation,
but deliver us from the evil one."
MATTHEW 6:13 WEB

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PRAYER TO CARRY TODAY

PUT IT DOWN

Some fights keep coming back. The thing you resisted yesterday is waiting again tonight, often a glowing screen away, and lying in the dark, it can feel as if it will win in the end.

Jesus didn't teach us to pray for more willpower. He taught us to ask for rescue: “deliver us from the evil one” (Matthew 6:13). And Scripture says how the fight ends. On its first pages, God tells the serpent that the woman's offspring “will bruise your head” (Genesis 3:15), and Paul promises that the God of peace will soon crush Satan under your feet (Romans 16:20). The evil one is real, but he is not the strongest one in the room. You don't have to win tonight. He already has.

Before you sleep, put your phone face down out of reach, pray that one line once, slowly, and leave the fight with Him until morning.

PRAYER TO CARRY TODAY

PRAYER TO CARRY TODAY

SCRIPTURE

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

MATTHEW 6:13 (WEB)

A PRAYER FOR TODAY

Lord, the screen is still glowing and I'm tired of this fight. Turn it face down for me, deliver me tonight, and let me rest.

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