


A Psalm of David  
101



1 I will sing of mercy and judgement: unto thee, O Lord, will I sing.

2 I will behave myself wisely in a perfect way. O when will thou come unto me? I will walk about my house with a perfect heart.

3 I will sit no more: I have the work of mine hands before me: I have the work of mine hands before me: it shall not depart from me.

4 A from and heart: shall depart from me: I will not know a wicked person.

"LORD, HELP ME NOT..."

"LORD, I WILL NOT..."



REQUIRES ASSERTIVENESS.

REQUIRES HOLY SPIRIT.

# MAKE COMMITMENT





# Commitment

## 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 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.

