

198. **Does God forgive your sins?**

Yes. In Christ, God freely forgives the sins of all, including me, who sincerely repent and in true faith turn to him. (*Leviticus 16:29-34; Psalm 103:8-14; Isaiah 55:6-9; Jeremiah 31:31-34; Matthew 6:14-15; Hebrews 10:11-18; 1 John 1:9-10*)

“AS WE FORGIVE THOSE WHO
TRESPASS AGAINST US”

199. **Why should you forgive others?**

I should forgive others because, while I was still a sinner, God forgave me through Jesus Christ. Failing to forgive impedes God’s work in my life and gives opportunity to the evil one. (*Genesis 50:15-21; Psalm 133; Matthew 18:21-35; Luke 23:34; Ephesians 4:30-32; Colossians 3:12-13*)

200. **How do you forgive others?**

Forgiveness is a decision of my will and an attitude of my heart that seeks the good of my neighbor, and chooses not to hold against them the damage they have inflicted. I forgive whether they have asked for forgiveness or not. (*Exodus 23:4; Leviticus 19:17-18; Matthew 5:38-48; Luke 17:3-4; 23:34; Acts 7:60; Romans 12:14, 17-21; James 5:9; 1 Peter 3:9*)

201. **Will your forgiveness of others always result in reconciliation?**

No. Though my decision and desire to forgive may not result in my neighbor’s repentance or our reconciliation, I am still called to forgive. (*Matthew 18:15-35; Romans 12:17-21*)

THE SIXTH PETITION: “AND LEAD
US NOT INTO TEMPTATION”

202. **What is the sixth petition?**

The sixth petition is “And lead us not into temptation.” (*Matthew 6:13; Luke 11:4*)

203. What is temptation?

Temptation is any enticement to turn from faith in God and to violate his commandments. (*Proverbs 1:8-19; James 1:14-15*)

204. What are the sources of temptation?

I am tempted by the false promises of the world, the selfish desires of my flesh, and the lies of the devil, all of which war against God and my spiritual well-being. (*Genesis 3:1-8; Proverbs 30:7-9; Mark 7:15; James 1:13; 1 John 2:15-17*)

205. What help do you seek from God in the face of temptation?

I ask God to increase my faith to trust him, enliven my conscience to fear him, soften my heart to love him, and strengthen my will to obey him, that I may resist evil and stand in the face of temptation. (*Proverbs 2; Matthew 4:11; Luke 22:31-32; 1 Corinthians 10:12-14; James 4:5-10*)

206. Does God lead you into temptation?

No. God never tempts anyone, nor is he the cause of any sin; but he does allow me to be tested so that I may grow in faith and obedience. (*Genesis 22:1-18; Job 1:6-12; Psalm 11:4-5; Proverbs 17:3; Matthew 4:1; James 1:12-15*)

207. What are ways to guard against temptation?

As I abide in Christ, I can guard against temptation by praying for protection and strength, confessing my sins, recalling God's Word, avoiding tempting situations, and seeking the support of fellow Christians. (*Genesis 39:7-12; Psalm 119:9-11; Matthew 4:1-11; Mark 14:38; Romans 13:11-14; Ephesians 6:13-18; 1 Peter 4:1-2, 7*)

208. How can the Church help you to resist temptation?

In the fellowship of Christ's Body, I can find companionship when I am lonely or vulnerable, support to resist ungodly influence, wisdom to guard me from folly, exhortation to grow in holiness, and discipline to correct me when I fall into error. (*Matthew 18:15-20; Galatians 6:1-5; 1 Thessalonians 5:11, 14-16; James 5:16*)

**THE SEVENTH PETITION:
"BUT DELIVER US FROM EVIL"**

209. What is the seventh petition?

The seventh petition is "But deliver us from evil." (*Matthew 6:13*)

210. What is evil?

Evil is the willful perversion of God's will. Evil defies God's holiness, violates his Law, enslaves us to sin, and mars his good creation. (*Genesis 3:1-19; 4:1-8; 6:5; Proverbs 1:10-19; Isaiah 59:4-13; Mark 7:20-23; 1 John 3:4*)

211. If God is good, why does he permit evil?

God created rational creatures free to love, obey, and worship him, but we have used our freedom to reject his love, rebel against him, and choose evil. Yet no evil can thwart God's purposes, and he is able to use evil to bring about even greater good. (*Genesis 6:5; Judges 2:19-23; Psalm 10; Ecclesiastes 7:29; Romans 8:18-28; Hebrews 2:8-18; Revelation 2:18-29*)

212. Is God responsible for evil?

No. The sinful choices of his creatures do not implicate God in evil in any way. (*Deuteronomy 30:15-19; Romans 7:7-25; James 1:13-15*)

213. Did evil exist before the human race embraced it?

Yes. Satan had already opposed God and chosen evil when he tempted Adam and Eve. (*Genesis 3: 1-5; John 8:44*)

214. What are Satan and his demons?

Demons, of whom Satan is chief, are fallen angels. Satan rebelled against God and led other angels to follow him. They now cause spiritual and sometimes physical harm to mortals, and they sow lies that lead to confusion, despair, sin, and death. (*Job 1-2; Daniel 10:20-21; Luke 8:26-29; 9:37-43; 11:14-26; Acts 16:16-18; 2 Thessalonians 2:9-10*)

215. How did Satan and his angels turn to evil?

Satan and his angels were overcome by envy and pride and rebelled against God. (*Isaiah 14:12-15; Ezekiel 28:12-19; 1 Timothy 3:6; Jude 6; Revelation 12:7-12*)

216. What are angels?

Angels are rational, spiritual beings created by God. God's holy angels joyfully serve him in heavenly worship, and God appoints them to act as messengers, bringing words of guidance and assurance to the faithful, and assisting and protecting them. (*Numbers 22:21-31; Psalm 148:1-6; Isaiah 6:2-3; Luke 1:19, 26-33; Acts 12:7-11; Hebrews 1:7-14; 13:2*)

217. How does God overcome evil in this world?

God has triumphed over all the powers of evil through the death, resurrection, and ascension of his Son, Jesus Christ. God will finally destroy all evil, including death, at the end of the age. (*Psalms 46; 110:1; Isaiah 52:7-10; Daniel 7:9-14; Luke 21:25-28; 1 Corinthians 15:24-28; Colossians 2:13-15; Hebrews 2:7-9, 14-15; Revelation 21:1-8*)

218. How does God redeem evil?

Though disaster, disease, death, and the evil deeds of his creatures may cause great harm and suffering, the almighty and all-wise God can use them to bring about his good purposes, both in the world and in my life. (*Genesis* 50:20; *Romans* 5:3–5; 8:28; *Hebrews* 12:3–11)

219. From what evil do you seek to be delivered?

I seek to be delivered from my own fallen inclination toward evil. I also seek God's deliverance from the devil; from the dangers of the day and night; from sorrow, sickness, and horror; from injustice and oppression; and from everlasting damnation. (*Psalms* 91; *Luke* 18:1–8; 22:31–32; *Romans* 7:15–25; *2 Corinthians* 1:8–11; *2 Thessalonians* 3:1–2; *1 Peter* 5:8–9; "The Great Litany," *Book of Common Prayer* 1662)

220. How does God deliver you from evil?

Jesus has conquered the dominion of darkness and now grants me victory over sin and evil through the Holy Spirit. He transforms my mind and heart to see and oppose evil, and gives me the power to overcome it. He gives me strength to endure my trials gracefully and may even remove them from me. (*Psalms* 23; *Ezekiel* 36:24–27; *Matthew* 10:16–20; *John* 17:11–17; *2 Corinthians* 12:7–10; *James* 4:7–8; *1 Peter* 5:8–9)

THE DOXOLOGY AND AMEN

221. What is the doxology of the Lord's Prayer?

The doxology often added to the Lord's Prayer is "For thine is the kingdom, and the power, and the glory, for ever and ever. Amen" (*Matthew* 6:13). A doxology is a short phrase or hymn giving glory to God. (*Ephesians* 3:20–21; *1 Timothy* 1:17)

222. What does “kingdom, power, and glory” mean?

Mirroring the first half of the Lord’s Prayer, the Church rejoices that God is already reigning over all creation, working out his holy will, and hallowing his Name in earth and heaven. (*1 Chronicles 29:11–13; Revelation 5:11–14*)

223. Why do you end the Lord’s Prayer by saying “Amen”?

By saying “Amen,” which means “so be it,” I declare my agreement with the prayer. I unite with the faithful, and together we pray as Jesus commanded, believing that our petitions please the Father, and trusting that he will hear and answer us. (*Nehemiah 8:1–3, 5–6; Psalms 72:18–19; 106:48; 2 Corinthians 1:19–20; Revelation 19:1–4*)

A R U L E O F P R A Y E R : S C R I P T U R E , P R A Y E R , A N D W O R S H I P

224. What is a “rule” of prayer?

A rule of prayer is a regular discipline by which I cultivate a life of prayer and grow to love and glorify God more fully. (*Psalms 5:1–3; 119:164; Daniel 6:6–13; Mark 1:35–39; Luke 5:12–16; Ephesians 6:10–20*)

225. What can hinder your regular prayers?

My prayers may be hindered by many things, such as lethargy or loss, selfishness or sin, distractions or difficulties, or seasons of spiritual dryness. With God’s help, a rule of prayer strengthens me to overcome all these. (*1 Kings 19:1–18; Psalm 116; Matthew 26:36–46; Luke 20:45–47; Romans 8:22–27*)

226. What nurtures a fruitful life of prayer?

My life of prayer is fed by the regular reading of Scripture, practice of personal prayer, and corporate worship of God. The ancient three-fold rule of the Church encourages weekly Communion, the Daily Office, and private devotions to shape this way of life. (*Psalm 1; John 15:1-17; Ephesians 5:15-20; Philippians 4:8-9; Hebrews 10:19-25*)

SCRIPTURE

227. How should the Holy Scriptures shape your daily life?

I should “hear them, read, mark, learn, and inwardly digest them” that by the sustaining power of God’s Word, I may grow in grace and hold fast to the hope given to me in Jesus Christ. (*Collect for the Second Sunday of Advent, Book of Common Prayer 2019; see also Deuteronomy 6:4-9; Psalm 119:1-48; Luke 2:39-52; James 1:18-27; 2 Peter 3:18*)

228. How should you “hear” the Bible?

I should hear the Bible through regular participation in the Church’s worship, in which I join in reciting Scripture, hear it read and prayed, and listen to its truth proclaimed. (*Nehemiah 8:1-8, 18; Psalm 81; Luke 4:16-30; 1 Timothy 4:6-16; Revelation 1:1-3*)

229. How should you “read” the Bible?

I should read the Bible daily, following the Church’s set readings (lectionaries) or following a pattern of my own choosing. (*Deuteronomy 17:18-20; Psalm 119:97-112; Acts 8:26-40*)

230. How should you “mark” passages of Scripture?

I should study the Bible attentively, noting key verses and themes, as well as connections between passages in the Old and New Testaments. I should study on my own and with other Christians,

using trustworthy commentaries and other resources to grasp the full meaning of God's Word. (*Psalms 119:129-44; Luke 24:44-49; Acts 17:1-15*)

231. How should you “learn” the Bible?

I should seek to know the whole sweep of Scripture and to memorize key passages for my own spiritual growth and for sharing with others. (*Psalms 119:9-16; 2 Timothy 2:15; 3:10-17*)

232. How should you “inwardly digest” Scripture?

I should meditate on Scripture and let it shape my thoughts and prayers. As I absorb Scripture, it deepens my knowledge of God, becomes the lens through which I understand my life and the world around me, and guides my attitudes and actions. (*Joshua 1:1-9; Psalms 1:2; 119:1-8, 113-28; John 15:1-11; Colossians 3:16-17*)

PRAYER

233. Are there different ways to pray?

Yes. Prayer can be private or public, liturgical or extemporaneous, spoken or silent. (*1 Samuel 1:1-20; 1 Kings 8:22-61; Psalm 142; Matthew 11:25-28; Mark 1:35-39; Luke 6:12-16; Hebrews 5:7-10*)

234. What types of prayer are in the Lord's Prayer?

The Lord's Prayer includes praise, petition, intercession, and confession to God. (*Matthew 6:9-13; Luke 11:2-4*)

235. What is praise?

In praise, I glorify and adore God for his holiness, his sovereign rule over all, and his salvation given in Jesus Christ. (*Exodus 15:1-21; Psalm 111; Luke 1:39-56; Ephesians 1:3-14*)

236. What is petition?

In petition, I make requests to God on my own behalf for his provision and protection. (*1 Samuel 1; 2 Kings 20:1-7; Psalm 86; John 17:1-5; 2 Corinthians 12:1-10; Philippians 4:6-7*)

237. What is intercession?

In intercession, I make requests to God on behalf of others, the Church, and the world. (*Exodus 32:1-14; Psalm 20; John 17:6-26; Ephesians 3:14-21; 6:18-20*)

238. What is confession?

In confession, I acknowledge my sins in repentance before God and receive his forgiveness. (*Nehemiah 1:4-11; Psalm 51; Jeremiah 36:1-3; Luke 23:39-43; Acts 2:14-41; 2 Corinthians 7:2-12; 1 John 1:9*)

239. What types of prayer are not included in the Lord's Prayer?

Other types of prayer are thanksgiving, by which I give thanks to God for his providential goodness and answers to my prayers; and oblation, by which I offer to him all that I am and all that I do. (*2 Samuel 22; Psalm 63; Luke 1:38; 22:39-44; Romans 12:1; Hebrews 10:1-25; 13:15-16*)

240. With what attitude should you pray?

I should pray with humility, love, and a ready openness to hear and do God's will. (*2 Chronicles 7:13-15; Psalms 31; 46:10-11; Luke 18:9-14; Philippians 4:4-7*)

241. What prayers should you learn as a part of your rule of prayer?

After learning the Lord's Prayer, I should next aim to learn certain psalms (*such as Psalms 23, 51, 95, 100, 150*) and prayers from

the Daily Office. These prayers will ground me in the Christian tradition of prayer and teach me how to pray in my own words.

242. What should you remember when prayers seem to go unanswered?

I should be certain that God always hears my prayers and answers them by his wisdom, in his own time and manner, for my good, and for his glory. (*Psalm 37:3–9; Isaiah 55; Habakkuk 3:17–19; Luke 18:1–8; James 4:2–3; 1 John 5:14–15*)

243. How should you pray in times of suffering?

I should pray trusting in the sufficiency of God's grace and in joyful assurance that "suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame." (*Romans 5:3–5; see also Job 23; Psalm 22; John 12:23–26; 2 Corinthians 1:3–5; 1 Peter 4:12–19*)

CORPORATE WORSHIP

244. What is liturgy?

Liturgy is an established pattern or form for the worship of God by God's people. The liturgy leads us in the remembrance of God's mighty acts and unites us in grateful response. (*Exodus 15:1–21; Psalm 118; Luke 22:14–20; 1 Corinthians 11:23–26*)

245. Why do Anglicans worship with a structured liturgy?

Anglicans worship with a structured liturgy because it embodies biblical patterns of worship, fosters reverence and love for God, deepens faith in Jesus Christ, and is in continuity with the practices of Israel and the Early Church. (*Numbers 6:22–27; Deuteronomy 12:8–14; Psalm 96; Acts 2:42–47; Revelation 15; Didache 8–10*)

246. Does structured liturgy inhibit sincere and vibrant worship?

No. A structured liturgy provides sincere worshipers biblical language and forms that train our hearts for worship. Liturgy enables us to worship God joyfully and with one voice. (*2 Samuel 6:1-4; 2 Chronicles 29; Psalm 68:24-33; 1 Corinthians 14:26-33, 39-40; Revelation 7:9-8:5*)

247. What is the role of Scripture in the Prayer Book?

The Book of Common Prayer is saturated with the Scriptures, organizing and orchestrating them for worship. It helps us to pray together in words God himself has given us, with order, beauty, joy, deep devotion, and great dignity. (*Exodus 34:5-8; 1 Chronicles 29:10-13; Psalms 96:9; 118; Matthew 21:1-11; Revelation 7:9-12*)

248. How does the Book of Common Prayer organize corporate worship?

The Prayer Book orders our daily, weekly, and seasonal prayer and worship. It also provides liturgies for significant events of life. (*Leviticus 23:1-24:9; Psalm 90; John 2:1-12; 1 Corinthians 15:1-11*)

249. What is the Daily Office?

The Daily Office includes the services of Morning and Evening Prayer. In them we confess our sins and receive absolution, hear God's Word and praise him with psalms, and offer the Church's thanksgivings and prayers. (*Psalms 5; 63; Daniel 6:10; Mark 1:35*)

250. How is the Daily Office observed?

The Daily Office is primarily designed for corporate prayer. It may also be used by individuals or families, in public or in private, in whole or in part. (*Psalm 22:22-27; Acts 10:9-16; Hebrews 10:24-25; Revelation 7:9-12*)

251. Why do we pray the Daily Office?

We pray the Daily Office because, by it, we learn the Scriptures, join with the Church in prayer, mark our days with praise to God, and sanctify our time. (*Joshua 1:6–9; Psalms 92; 119:97; Acts 10:1–8; 1 Timothy 2:1–7*)

TOWARD A RULE OF LIFE

252. What is a rule of life?

A rule of life is a discipline by which I order my worship, work, and leisure as a pleasing sacrifice to God. (*Deuteronomy 6:1–9; Psalm 103; John 15:1–15; Romans 12:1–2; Colossians 3:12–17*)

253. Why do you need a rule of life?

I need a rule of life because my fallen nature is disordered, distracted, and self-centered. A rule of life helps me to resist sin and establish godly habits, through which the Holy Spirit will increasingly conform me to the image of Christ. (*Psalms 73; 86:11–13; Proverbs 3; 1 Corinthians 9:23–27; Colossians 3:1–4; 1 Peter 1:13–19*)

254. What is included in a rule of life?

In addition to Scripture, prayer, and worship, a rule of life includes witness, service, self-denial, and faithful stewardship of my time, money, and possessions. (*Deuteronomy 5:28–33; Psalm 141; Matthew 5:13–16; 6:19–24; Mark 8:27–38; 1 Peter 4:10–11*)

255. Why is prayer an essential part of a rule of life?

Through prayer, I rely upon God for strength, wisdom, and humility to sustain and guide me in my rule of life. Without the love of God and the power of his Spirit, I will not attain to the fullness of Christ. (*Job 28:12–28; Psalm 143; Romans 8:26–30*)

Concluding Prayer

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. **Amen.**