

# Doctrinal Session

APPRENTICES IN FAITH: A Resource for the OCIA  
Lead Us Not into Temptation

## Catechist Preparation

### Clarifying the Essentials

Conversion affects our past and our future. We are nourished by the hope of God's abundant mercy.

- God calls us to conversion, resounding continually throughout our lives (see *Catechism of the Catholic Church* 1428).
- Sorrow and remorse for our sins is the first step in turning back to God and pursuing the path of conversion (see CCC 1490).

The Cardinal Virtues help us to be constant in our pursuit of the good.

- Fortitude strengthens us to resist temptation (see CCC 1808).
- Temperance helps us to moderate and achieve some balance in the face of the attractions and pleasures of this world (see CCC 1809).

### Why Is This Important?

Jesus prayed in the face of temptation (see Mark 4:1-11 and Luke 4:1-12). We too can equip ourselves with prayer, engaging in preventive medicine, so to speak, to withstand temptation. We can pray the Lord's Prayer, and we can pray spontaneously. We can engage in patterns of prayer, such as the Rosary and litanies. Prayer keeps our hearts open to God's grace and thus enables us to withstand temptation. Prayerful vigilance is necessary to avoid the allure of temptation. The Holy Spirit—when we are open to his promptings—enables us to persevere in fortitude and temperance.

*The Lord [Jesus] was . . . tempted immediately after being baptized. His temptation indicates how sinister are the devil's attempts especially against those who have been sanctified, for he eagerly desires victory over the saints.*

SAINT HILARY

## Doctrinal Session Guide

(Approximately 60 minutes)

Arrange chairs in a circle. Place in the center a candle, an open Bible, a rosary, and prayer booklets.

### Welcome

Greet people as they arrive. Check in with everyone to find out how they are doing.

### Pray

Invite everyone to take a moment of silence to speak to God in the quiet of the heart about their needs.

### Engage

1. Take a few minutes to play a word association game: Ask the participants to say the first word that comes to mind when they hear the following: happy, right, good, devil, Adam and Eve, sin, grace, hope, and temptation. Then ask: *What constitutes a temptation for you?* Invite them to share in a small group.
2. Proclaim Luke 4:1-12. Discuss the ways in which the temptations of Jesus are our temptations also. Invite the participants to identify ways in which we can respond to them.
3. Continue with the **Insight** and **For Reflection** sections of the participant handout.

### Teach

Discuss the **Church Teaching** section, using these points:

- Temptations are real and part of our daily lives, yet they are not sins until we yield to them. Temptations attempt to lead us away from God.
- God does not seek to tempt us. Neither does God manipulate us into temptation. Christ shows us how to respond to temptation—through prayer we receive the grace to resist and follow the promptings of the Holy Spirit to do good.

Allow some time for questions and clarifications.

### Apply

Encourage everyone to spend some quiet time each day in prayer asking for the guidance of the Holy Spirit to recognize temptation and for the strength to turn away from it.

### Pray

Pray the Our Father.