

PETRA


Artist:

PETRA
PETRA.COM

Album Title & Record Company:

HOPE
ROWN RECORDS

Song:

DELIVER US

Study by:

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Playlist

This song is featured on "The Linc: Spiritual Warfare" Spotify playlist – which is the perfect way to remind your students what you've taught them in this session. To share it with them, click the live link on the web version of this study.

Theme

Spiritual Warfare, Prayer, Freedom

Objective

Students will recognize that spiritual battles are real but they are not powerless, understand prayer connects them to Jesus' victory, and commit to depending on Him for freedom this week.

Warm Up

Game Time – Read a list of common sports or gaming moves and ask students to explain why players use them.

Examples:

- **The Pump Fake:** Pretending to throw or shoot to get the defender to jump in the wrong direction.
 - » Goal: Distraction / Deception
- **Trash Talk:** Using words to get inside the opponent's head so they lose focus.
 - » Goal: Intimidation / Doubt
- **The Blitz / Full Press:** Sending everyone at once to overwhelm the person with the ball.
 - » Goal: Panic / Pressure
- **The Huddle:** Gathering with your team before the play.
 - » Goal: Unity / Communication

After the activity, discuss:

- Which of these "moves" do you feel like you face the most in life? (e.g., "Trash Talk" in your head saying you're not good enough, or "Blitzed" by stress?)
- In a game, everyone sees the tackle. In life, what are the hits people take that nobody sees?

Transition

The Bible explains that there is a spiritual battle happening beneath what we see. Petra's "Deliver Us" is a bold prayer in the middle of that fight.

As you listen, pay attention to what are we being delivered from, Who brings the freedom, and what role prayer plays.

The Song

Play "Deliver Us" by Petra.

Discuss:

- What stood out to you? Did the song feel hopeful, intense, or dramatic? Why?
- Why does the song repeat the plea "Deliver Us"?
- Does it sound like they are confident or desperate?
- Where do you see spiritual struggle in everyday life– in big tragic events, or in quiet thoughts like "I'm not good enough"?

Bible Study

The Enemy (The Reality)
Read **Ephesians 6:10-12**

- Who does Paul say our real enemy is? (Hint: It's not your parents, your teacher, or the person who annoyed you).
- Why is it important that our battle isn't "against flesh and blood"? How does knowing this change how you handle conflict with people?
- Paul talks about "rulers" and "authorities" in the heavenly realms. Does it scare you or relieve you to know there are spiritual forces at work?

The Armor (The Defense)
Read **Ephesians 6:13-18**

- Paul lists the Belt of Truth, Breastplate of Righteousness, Shield of Faith, etc. Which piece of the armor of God do you struggle to live out?
- The "Shield of Faith" is used to extinguish "flaming arrows." What are the "flaming arrows" in your life right now? (Doubts? Insecurities? Temptations?)
- Verse 13 says, "and after you have done everything, to stand." Why is standing your ground sometimes the hardest part of a battle?

The Plea (The Weapon)
Read **Matthew 6:9-13**

- Jesus specifically includes "Deliver us from evil" in the Lord's Prayer. Why would He teach us to pray this regularly?

- How is praying for deliverance different from just trying harder or using willpower?
- To ask for "deliverance" implies you can't escape on your own. Why is admitting weakness actually a sign of spiritual strength?

Wrap Up

Self-reliance vs. God-reliance: We live in a culture that promotes self-reliance, but Jesus teaches us to pray for rescue. Darkness is real. Strongholds are real. But so is freedom through God's Son.

Challenge

- What is one area where you need freedom right now?
- What would it look like to bring that to God in prayer this week instead of just worrying about it?

Close in prayer. Invite students to silently identify the "battle" they are tired of fighting alone and hand it over to the Captain of their soul.

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