

Knowing How To Pray In The Spirit

Introduction:

1. How can we truly connect with God in a way that transcends our earthly limitations?
2. What does it mean to pray in the spirit and how can it transform our relationship with God?
3. These questions touch the very core of our spiritual journey.
4. Today we will explore the profound practice of how to pray in the spirit?
5. Imagine a radio finally tuned to pick up signals from afar, just as this device can receive messages from

great distances our spirits can be attuned to communicate with God, in ways beyond our physical senses.

6. This is the essence of praying in the spirit a divine connection with God that surpasses human understanding.

7. Ephesians 6:18, *Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;*

8. Praying in the spirit is not just a religious exercise it's a powerful tool that can revolutionize our prayer life

and deepen our relationship with God.

Lesson

- **Three essential aspects** of praying in the spirit offering insights and practical steps to help you embrace this transformative practice

A. (1) Understanding the Spirit's role in prayer to truly grasp how to pray in the spirit we must first understand the spirit's role in our prayer life.

1. The Holy Spirit is our divine helper, our comforter, and our guide in prayer.

2. When we pray in the Spirit, we're not just reciting words we're engaging in a deep spiritual communion with God.

3. **Romans 8:26** reveals a profound truth that the Holy Spirit intercedes for us when we don't know how to pray. ***“Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.”***

- a. It's a beautiful reminder that we're not alone in our prayer journey.
- 4. The Spirit understands our deepest needs, even when we can't articulate or express them.
- 5. When we pray in the spirit, we tap into this divine assistance.
- 6. We allow the spirit to guide our prayers, to express our heart's desires in ways we may not be able to.

7. This doesn't mean we become passive in prayer, rather, it means we become more attuned to the spirit's promptings.

a. We learn to listen as much as we speak.

b. Praying in the spirit is about aligning our will with God's will.

c. It's about surrendering our limited understanding to His infinite wisdom.

d. As we do this our prayers become more powerful,

more aligned with God's purposes.

Galatians 4:6-7, “And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father.

7 Wherefore thou art no more a servant, but a son; and if a son, then an heir of God through Christ.”

- e. These verses highlight another aspect of praying in the spirit.

- 8. **Intimacy with God**, through the spirit we cry out to God as our Father.

- a. This isn't just formal prayer,
it's heart to-heart
communication with our
loving heavenly Father.
- b. When we pray in the spirit
we're embracing our identity
as God's children.
- c. We're stepping into the
confidence and authority that
comes with being Heirs of
God. This changes how we
approach prayer.
- d. We no longer come timidly
or doubtfully but with bold
faith. We know that our
Father hears us and desires
to answer our prayers.

- e. Praying in the spirit also involves being sensitive to the spirit's leading. Sometimes the spirit may prompt us to pray for someone or something specific.
- f. Other times he may lead us to simply be still and listen.
- g. Being open to these promptings is crucial in developing a rich prayer life it's about letting go of our own agendas and allowing the spirit to direct our prayers.

- h. This doesn't mean our prayers will always feel emotional or dramatic. Sometimes praying in the spirit is quiet and peaceful.
- i. The key is being open to however the spirit chooses to move. As we practice this, we'll find our prayer life becoming more dynamic and effective.
- j. We'll experience a deeper connection with God and a greater sense of his presence in our lives.

k. Praying in the spirit is a journey. It's something we grow in over time.

l. As we practice and learn, don't be discouraged if it feels challenging at first, keep seeking, keep practicing, and trust that the Holy Spirit is working in and through you.

m. 1 Corinthians 14:15, this verse teaches us that praying the spirit doesn't negate our understanding, instead it enhances it, bringing our minds and spirits into harmony. “***What is it then? I will pray with the spirit, and I will pray with the understanding***”

also: I will sing with the spirit, and I will sing with the understanding also.”

- n. As we pray in the spirit, we may find our understanding growing, our perspective shifting,
- o. We begin to see things from God's Viewpoint rather than our limited human perspective.
- p. This transformation in our thinking is a powerful result of praying in the spirit. It aligns our thoughts with God's thoughts our desires with his desires.

- q. As we embrace praying in the Spirit, we open ourselves to a whole new dimension of communication with God.

- r. We move beyond the limitations of our own words and thoughts, we allow the Spirit to express the deepest longings of our hearts to the Father.

- s. This is not a practice reserved for spiritual giants or church leaders it's available to every believer who seeks to deepen their relationship with God.

- t. As you continue in your prayer journey, I encourage you to invite the Holy Spirit into your prayer time, ask him to guide your prayers, to intercede for you, to help you pray according to God's will.

- u. You may be surprised at how your prayer life transforms as you learn to pray in the Spirit

B (2) Cultivating a Spirit-led prayer life.

1. This journey requires intention, practice, and a willing heart.
Jude 20, “*But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,*”
2. This verse reminds us that praying in the spirit builds up our faith.
3. It's a practice that strengthens our spiritual muscles and deepens our relationship with God.

4. We must acknowledge our need for the Holy Spirit's guidance in prayer.
5. We can start our prayer time by inviting the spirit to lead us.
 - a. A simple prayer like, Holy Spirit guide my prayers today, can set the tone for our time with God.
 - b. Next, we need to cultivate an attitude of listening. Too often we rush into prayer with our list of requests, without pausing to hear what God might be saying.

6. Praying in the spirit involves a two-way communication. We speak but we also listen.
7. Sometimes this listening might involve sitting in silence, allowing the Spirit to speak to our hearts.
8. Other times it might involve meditating on scripture, allowing the Spirit to reveal God's word to us. **Philippians 4:6, “*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*”**

9. This verse teaches us, another key aspect of praying in the spirit.
Thanksgiving a heart of gratitude opens us up to the spirit's leading.
10. It shifts our focus from our problems to God's goodness and faithfulness.
11. As we pray in the spirit, we might find ourselves led to thank God for things we hadn't even considered before.
12. This attitude of thanksgiving can transform our prayer life and our overall perspective.

13. Another important aspect of cultivating a spirit-led prayer life is **persistence**. **Luke 18:1**, *And he spake a parable unto them to this end, that men ought always to pray, and not to faint;*
14. Doesn't mean we'll always feel spiritually charged or emotionally moved.
15. There will be times when prayer feels dry or difficult, but we're called to persist, to keep praying even when we don't feel like it.
16. The Spirit is at work, even in these seemingly unfruitful times, often

it's in the persistent faithful prayer that we see the most growth and breakthrough.

17. Cultivating a spirit led prayer life also involves being open to praying in new ways.
18. The spirit might lead you to pray through journaling, through song or even through physical movement, don't limit yourself to one form of prayer.
19. Be open to how the Spirit might want to express Himself through you.

20. Remember the goal is not to achieve a certain feeling or experience but to connect with God.
21. Another key to praying in the spirit is to **pray God's word**.
- a) The Bible is full of prayers and promises that we can use to guide our own prayers.
 - b) As we pray scripture, we're aligning our prayers with God's revealed will.
 - c) The spirit can use these words to deepen our understanding and guide our intercession.

- d) Ephesians 6:17 refers to the word of God, as the **sword of the Spirit**. ***“And take the helmet of salvation, and the sword of the Spirit, which is the word of God:”***
- e) When we pray God's word, we're wielding this spiritual weapon effectively.
- f) It's also important to remember that praying in the spirit often involves praying for others.
- g) The spirit might bring people to mind during your prayer time.

- h) Don't dismiss these promptings, they're often invitations to intercede.
- i) As you pray for others you might find the spirit giving you specific words or scriptures for them.
- j) This is another way the Spirit leads our prayers and uses us to bless others.
- k) Cultivating a spirit-led prayer life, also involves living a Spirit-led life.
- l) Our prayer life doesn't exist in isolation from the rest of our life, as we seek to be led by the

Spirit in our daily decisions and actions, we'll find it easier to be led by the Spirit in our prayers.
Galatians 5:25, *If we live in the Spirit, let us also walk in the Spirit.*

- m) This verse reminds us that our whole life should be guided by the Spirit, not just our prayer time.
- n) As we practice this, we'll find our prayers becoming more aligned with God's heart and purposes.
- o) Cultivating a spirit-led prayer life is a lifelong journey.

- p) It's not about perfection, but about progress. Each day, as we open ourselves to the Spirit's leading in prayer we grow a little more.
- q) We become more sensitive to his promptings, more aligned with God's will.
- r) Don't be discouraged, if you don't feel like you're getting it right all the time.
- s) We've all been there, understand that the very act of seeking to pray in the Spirit is pleasing to God, He delights in our efforts, to connect with Him more deeply.

- t) As you continue on this journey, remember that the Holy Spirit is your helper and guide, trust him to lead you into deeper, more effective prayer.

C. 3- The power and benefits of praying in the spirit.

1. Let's explore the transformative power and benefits of praying in the spirit.

2. This practice isn't just a spiritual exercise it's a life-changing experience, that can revolutionize our walk with God. **Romans 8:27**, “*And he*

*that searcheth the hearts
knoweth what is the mind of
the Spirit, because he maketh
intercession for the saints
according to the will of God.”*

3. This verse reveals a profound truth, when we pray in the Spirit, our prayers align with God's will.

4. The Spirit knows the mind of God and intercedes accordingly, as we yield to the Spirit in prayer, we're praying

prayers that are in harmony with God's purposes.

5. Imagine the power of such prayers we're no longer limited by our own understanding or desires, instead we're tapping into the infinite wisdom and perfect will of God.
6. This alignment with God's will, brings a new level of confidence to our prayer life.

7. We can trust that the Spirit-led prayers we're praying, are exactly what God wants to answer. **1 John 5:14**, *“And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:”*

8. Praying in the Spirit also deepens our intimacy with God as we allow the Spirit to guide our prayers, we often express things to God that we didn't even know, were in our hearts the Spirit brings to light our deepest needs, fears, and desires.

9. This process of revelation can be healing and transformative, it helps us understand ourselves better and draws us closer to God.
10. Another powerful benefit of praying in the spirit, is increased spiritual discernment, as we spend time in Spirit-Led prayer we become more attuned to God's voice, in our daily lives.
11. We start to recognize His promptings more easily our spiritual senses are sharpened, and we gain a clearer understanding of God's

ways. **Proverbs 20:27**, “*The spirit of man is the candle of the Lord, searching all the inward parts of the belly.*”

12. This searching of our hearts becomes more profound, we gain insights into our own motivations and attitudes.
13. The Spirit brings areas of sin or weakness to light not to condemn us, but to lead us to repentance and growth.
14. This process of inner transformation is a powerful benefit of praying in the Spirit.

15. Praying in the Spirit also builds our faith as we pray beyond our own understanding and see God answer in unexpected ways.

16. Our trust in Him grows, we begin to see prayer not as a religious duty but as a powerful tool for partnering with God in His work.

17. This strengthening of our faith has a ripple effect on every area of our lives.

18. We become bolder in our witness, more steadfast in trials, more loving in our relationships.
19. **Another benefit of praying in the spirit is a greater sense of peace and joy.**
20. When we pray in the Spirit, we're reminded that we're not alone in our struggles.
21. The spirit is right there with us, helping us to pray and assuring us of God's presence.
22. This awareness brings a deep peace that surpasses

understanding **Philippians 4:**
6-7, *Be careful for nothing; but
in every thing by prayer and
supplication with thanksgiving
let your requests be made
known unto God.*

*7 And the peace of God,
which passeth all
understanding, shall keep
your hearts and minds
through Christ Jesus.*

23. Praying in the Spirit, also enhances our worship, as the Spirit leads our prayers, we often find ourselves moved to praise and adoration.

24. We see God's goodness and greatness in new ways, which naturally leads to worship.
25. This Spirit- Led worship is deeply satisfying and glorifying to God.
- 26. Another powerful benefit of praying in the spirit is increased effectiveness in spiritual warfare. Ephesians 6:18, *Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;***
27. As part of our spiritual armor when we pray in the Spirit, we're engaging in warfare

prayer that is guided by God's perfect strategy.

28. We may find ourselves praying about situations or against spiritual forces, that we weren't even aware of.

29. This kind of prayer is powerful in pushing back the forces of darkness and advancing God's kingdom.

30. Praying in the Spirit also leads to greater unity in the Body of Christ.

31. We pray in the Spirit, our prayers often expand, beyond our personal concerns to the needs of the wider church.
32. We find ourselves interceding for our brothers and sisters in Christ, both near and far.
33. This Spirit-Led intercession strengthens the bonds of love and unity in the Body of Christ.
34. Praying in the spirit prepares us for eternity.
35. It gives us a glimpse of the perfect communion, we will have with God in heaven.

36. As we pray in the Spirit, we're aligning our hearts with the heart of God who desires all to come to Him.

Prayer:

Let us go to the Lord in prayer, I want you to pray this prayer with me. Let us pray to our gracious and loving God, Heavenly Father almighty God, creator of Heaven and Earth.

I come before you in awe of your majesty.

Your power is beyond measure, your wisdom is infinite.

I lift my voice in praise, for You are holy, righteous and worthy of all honor.

Your love endures forever. Your mercy is new every morning.

I thank you Lord, for your constant presence in my life, for the gift of your Holy Spirit, my comforter, and guide.

Thank you for teaching me to pray, for opening my ears to hear your voice.

I confess my sins before you Lord and ask for your forgiveness. Cleanse me from all unrighteousness and renew a right Spirit within me.

I also choose to forgive those who have wronged me, releasing all anger bitterness and resentment from my heart.

Lord, I invite your Holy Spirit into my prayer life, guide me, as I learn to pray in the spirit, help me to surrender my own agenda and align my prayers with your perfect will.

Help me to grow in spiritual discernment and understanding.

In the name of Jesus, I rebuke any spirit of confusion or distraction in my prayer life.

I bind any forces that would hinder my communion with you Lord.

Father, teach me to listen, as much as I speak in prayer.

Open the eyes of my heart to see your perspective in every situation.

Lord, I pray for a deeper intimacy with you.

Let my prayers be a sweet fragrance before your throne, help me to become more sensitive to your promptings.

Holy Spirit, guide me in intercession for others, showing me how to pray effectively.

Lord, I ask for your healing touch in every area of my life, heal my body, my mind, my emotions, and my spirit.

I rebuke every sickness disease, or spirit of infirmity, in the mighty name of Jesus.

I declare, that I am healed from the crown of my head to the soles of my feet.

Lord, I declare your protection over my life and the lives of my loved ones in the name of Jesus.

I bind any attacks of the enemy against us.

I pray for a shield of faith to surround us deflecting every fiery dart.

Deliver us from all evil and lead us away from temptation.

Lord bless me with increased faith as I pray in the Spirit.

Let your peace that surpasses all understanding, guard my heart and mind.

I pray for wisdom and revelation in my knowledge of you.

Bless me with spiritual gifts and the discernment to use them for your glory.

Lord as I say this prayer, together with everyone, I grateful for every heart that is opening before you right now.

We come in agreement lifting each other up before your throne of grace, let your Holy Spirit teach us to pray according to your will.

Help us to yield to your guidance in our prayer lives, help us to grow in spiritual maturity and discernment.

Father, empower us to pray with boldness and authority through your Holy Spirit.

We claim victory over every area of struggle in our lives in the name of Jesus.

We declare healing in our bodies, minds, and relationships.

Thank you, Lord, for your daily guidance we ask for your protection over our families, jobs, homes and communities.

Lord, let your Holy Spirit fill us afresh, as we surrender to your leading.

Let our prayers be effective and powerful, bringing glory to your name.

We thank you for the privilege of partnering with you through prayer.

For yours is the kingdom, the power and the glory forever and ever.

Thank you, Lord, for hearing and answering my prayer in the mighty name of Jesus.