Life in the Spirit Training
Session 4
St Stephen's Church

A Model for Praying in the Spirit

Pray as the Spirit leads:
But you, dear friends, must continue to build your lives on the foundation of your holy faith. And continue to pray as you are directed by the Holy Spirit. Jud 20 (NLT)

The Spirit will direct prayer to the Father:
For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." Ro 8:15 (NIV)

The Spirit will direct prayer towards Jesus and his sacrifice:
"And I will pour out on the house of David and the inhabitants of Jerusalem a spirit of grace and supplication. They will look on me, the one they have pierced, and they will mourn for him as one mourns for an only child, and grieve bitterly for him as one grieves for a firstborn son." Zec 12:10 (NIV)

The Spirit can direct prayer deeper than words:
And the Holy Spirit helps us in our distress. For we don't even know what we should pray for, nor how we should pray. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. Rom 8:26-27 (NLT)

So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but I will also sing with my mind. 1 Co 14:15 (NIV)

Always pray in the Spirit's power:
Pray at all times and on every occasion in the power of the Holy Spirit. Stay alert and be persistent in your prayers for all Christians everywhere. Eph 6:18 (NLT)

1) Speaking and Praying the Word

Start by praying scripture over the situation. Recall promises from scripture, or use prayers in scripture as a guideline. Praying scripture "anchors" prayer in the Spirit. Remember that the scriptures and the Spirit will always speak with the same voice, and will never contradict each other.

2) Listening to the Spirit

After you have spent time praying scripture over the situation, take some time to listen to the Spirit's leadings. Write down or speak out loud what you think the Spirit might be saying. You might be given a text of scripture that is appropriate, or a prophecy. You might be led to pray in a specific way, or be given something to do.

3) Obeying the Spirit

Whatever the Spirit leads you to do – make sure you do it.

If it seems to be a word of prophecy, share it with humility ("It seems that the Lord might be saying…" "Does that seem to be something God might say to you in this situation?"

If it is something to do for someone or say to someone, don't delay in your response.

This week, follow this model three times.

- In a time of **confession** (Scripture to Pray: Psalm 51, 103)
- In a time of **praise** (Scripture to Pray: Revelation 5.9-10, 12-13; 7.12)
- In a time of **intercession** (Scripture to Pray: Daniel 9.1-19; Eph 1.15-23; 3.14-21)