



Praying With God Video Course

Session 14: Activating the Spirit of Prayer

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'After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly' Acts 4: 31

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'Therefore let him who speaks in a tongue pray that he may interpret. For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding' 1 Corinthians 14: 13-15

The first gift that was activated in the Church at Pentecost was the gift of tongues. There are three phases, or stages, in releasing the prayer -rivers of God. The ultimate stage is the point where the Holy Spirit Himself is pouring the spirit prayer of God through us. At this stage He is leading the prayer and giving us the utterance.

Let us go through the three stages of prayer in the Spirit now. Most of us have experienced the three stages of praise, to high praise, to worship in our meetings. This process is exactly the same in prayer. You come to a meeting and you do not really want to sing. As an act of your will you do. You then get to a place where it is easy to sing and you sense the energization of the Holy Spirit. You move into 'High Praises', and then after a time you move into worship. This is the same three stage pattern as that for prayer.



Stage One: Charging Yourself Up

I start to pray in my prayer language (other tongues), which is an act of my will and I can do it whenever I want to. I start to 'edify' myself as per 1 Corinthians 14:4. This means I build myself up, charge myself, embolden myself, rebuild, and repair myself. I like the analogy of the alternator in a motorcar edifying and charging up the battery as the motor runs. In the same way, as you pray in tongues you charge yourself up. Jude:20 says the same thing, 'But you, beloved, build yourselves up founded on your most holy faith make progress, rise like an edifice higher and higher praying in the Holy Spirit (other tongues).' (Amplified)

This is not a casual half-hearted activity, but a vigorous release of speaking in other tongues. Liken it to going for a walk every day to get yourself fit. If you stop after two minutes to smell the flowers and amble along slowly, your exercise will not get you breathing any harder and breaking into a sweat. You want to walk fast enough to get your second wind. You want to go beyond the first little discomfort. A walk like that is invigorating and once you have got into good physical condition, is refreshing.

You are praying like this to get your second prayer wind. Do not allow your mind to say, 'Why are you doing this?' or 'This is a waste of time!' Remind yourself, 'I am pushing through with this and will not stop until I have engaged with the Holy Spirit, prayed with Him and He has released me to stop.'

Stage Two: Your Second Wind

As you press through the first stage of your prayer and continue at it wholeheartedly, a pressure will begin to build in you, now you are starting to work. Increase your prayer tempo; put your weight into it. You could compare this phase to riding a bicycle up a hill. After a while as you continue working, speaking vigorously in tongues, it will feel like the hill you are climbing on your bicycle is levelling out. You will start to pick up more speed if you maintain your work rate. Then it gets exciting! You may feel you have started going downhill. Your prayer is being energized by the Holy Spirit, and you will be able to go on even more energetically. You have got your second wind in your prayer now. Sometimes at this point, it seems like a wind begins pushing you along from behind. Supernatural energy has started being released in you. You will sense you are not alone in what you are doing. You have started harmonizing with the Holy Spirit.

Keep praying in tongues and lock your mind onto what you are doing, feeling and saying. The prayer is taking shape at this point. This is good because what has happened now is that the Holy Spirit has energized you and is influencing your spirit. Your spirit is now beginning to pray by the Holy Spirit within you. The Holy Spirit is starting to take hold of your prayer with you. 1 Cor 14:14 says, 'If I pray in an unknown tongue, my spirit by the Holy Spirit within me prays.'

I often experience even more acceleration in my prayer tempo at this point, it is as if I am suddenly doing 60 miles an hour on my bicycle, going really fast and then sometimes I hit something, some sort of a barrier or resistance. If this happens I give it everything I have in me. I release all my energy and force into the prayer in tongues to get through what I have hit. It could take a few minutes or an hour or longer. This barrier could be a demonic stronghold or a mountain that is impeding my progress in God. Or blocking something He has promised me or I need. Later as we pray in the Holy Spirit for others, these barriers are often something affecting our church, our city, our state or our nation. The prayer process we are discussing here is exactly the same when praying in the Holy Spirit for ourselves, other individuals or groups of people or even for nations.

I keep the prayer intensity up until I am through the resistance and cycling along nice and easily again in my prayer. You may experience this resistance too when you are praying and then need to do what I just explained I do. Perhaps the Spirit has just lifted a headache off you, or has just brought a release into an area of your life. Once the pressure is off keep 'bubbling' away at an easy pace in your prayer tongue.

I look again at this point to 'see' what the Holy Spirit is doing. I 'listen' to my tongue and try to identify whether the language and manner of speaking is still aggressive, or whether it is becoming a different type of prayer, a pleading, or it is moving into a birthing type of prayer? Or is the prayer building again in another wave?

If the tempo of the prayer is starting to increase again, I go with the Holy Spirit. If it gets so fast that I cannot speak the words out fast enough I may start to sigh and groan. This type of prayer will affect our body, for example sometimes I want to stamp, or clap, raise my hands, or prostrate myself. At this stage we should yield to the Holy Spirit and keep going! The prayer is released from our belly not our head. It is like saying a loud 'aaaaahhhhhh' from your stomach and not your head. This is not a mental thing; it comes from our spirits by the Holy Spirit.

The prayer is now moving into stage three. Our intellect and understanding has been bypassed. This is an act of the highest humility and trust in God. Many people think the Holy Spirit is incapable of doing the job if they do not understand everything that is being prayed. This causes them not to use their prayer language very much, if at all.

As the Holy Spirit takes a hold of our prayer together with us, He greatly increases the influence of God on our lives. He is now praying with us. He is directly moving within us and giving us more and more utterance. The river of God is starting to flow from within us in greater and greater intensity!

At this stage I again lock my attention onto what He is doing. I 'look to see' and 'listen'. I am looking for more understanding and revelation of what He is doing.

This is not the time to stop praying in tongues!

1 Corinthians 14:13 says that the person who prays in a tongue should pray for the power to interpret what He is saying. As we are engaged in the prayer we can tell God in our mind that we want to understand and would like the interpretation. If at first you do not understand, be patient, because He will give you understanding in time. Keep making a demand on Him for understanding as you continue praying in tongues.

Do you know you can pray a different prayer with your mind to that which you are praying with your spirit simultaneously? Our minds and spirits can work independently from one another. For example I can drive my car and pray in tongues at the same time. This is why I tell you to lock your mind onto your tongues and concentrate on what the Holy Spirit is doing, especially when you are praying in tongues in a group. When I pray in tongues for a long time in my day to day activity, my mind does move onto other things. There is, however, always a part of me alert to my tongue so that if something starts changing in my tongue or I engage some resistance I immediately bring my attention back to my tongue and look to see or discern what is happening. I will pray in my mind, 'Father, What is this?' as I continue speaking in tongues with my spirit.

What an amazing gift tongues is!

Stage Three: The Holy Spirit Prays

When I get to this point I do not want to stop praying in the Holy Spirit. If I do, I feel frustrated. My spirit is now so stirred up and awakened as in 'thoroughly aroused by the Holy Spirit'! 1 Corinthians 14:16. (Amplified).

The Holy Spirit has now taken over the prayer as in Romans 8:26-27. He is flowing through us as a rushing stream. If He is pleading, this pleading is not begging. How can God beg God? This is the pleading of the Advocate (one of his names) in justification of what is asked. The case is perfectly presented in such a way that all petitions are granted from God's riches in Christ Jesus.

This can also be the beginning of birth pangs. The Holy Spirit is birthing something into this world. The rushing stream of God that is mentioned in Isaiah 59:16 comes out of you. The Amplified Bible translates this passage well, 'When the enemy shall come in like a flood, The Spirit of the Lord will raise a standard against him and put him to flight for the Spirit will come like a rushing stream which the breath of the Lord drives.'

The river (the rushing stream) is flowing out of your innermost being driven by the breath of the Lord. John 7:38, 'He who believes in Me as the scripture has said, from his innermost being shall flow continuously springs and rivers of living water.' (Amplified).

Do not stop praying in and with the Holy Spirit yet. Let the waves of prayer go through you. Paul calls these waves of prayer labour pangs or birth pangs, Galatians 4:19. The waves of prayer are the rising in energy and intensity of the prayer. This then peaks and is then followed by a quietening down time. The next wave of prayer will then begin to build up pressure to a peak and then quieten down again. As the prayer waves build and the intensity increases stay in step with the prayer rhythm of the Holy Spirit, getting more and more intense as the wave you are on peaks. As it ebbs, back off, but continue to let your prayer language bubble out of you and begin to build again as the Holy Spirit increases the intensity again to the next peak.

Stay in step with Him! In my experience if I try to stay on a peak, when the wave of prayer I was on has finished, I will exhaust myself.

Another thing we need to watch for is that we are not too passive when the next prayer wave begins or we may get left behind. If the Holy Spirit increases the tempo and intensity of the next wave, stay with His rhythm and timing. Be strong in Him and in His mighty power. Draw your strength from Him, Eph. 6:10.

I always think of Elijah in 1Kings 18:43-44 sending his servant to look each time his prayer peaked and then ebbed, or to put it another way, each time a labour pang was completed. Finally by the end of the seventh wave the job was complete. There was a visible result.

Keep going! Do not stop praying with the Holy Spirit. The waves of prayer will be closer and closer together and will become more and more intense as the prayer in the Holy Spirit starts to reach a final climax or peak.

And then it is done!

An amazing peace and joy floods you. You sense the pleasure of God. You will want to stay in this atmosphere. You worship. It's a time of amazing intimacy with God. Now you will know first-hand why in Philippians 4:7 the Word says, 'Present your prayers and petitions to God and the peace of God will guard your heart and guard your mind. It will garrison about you.'

The Holy Spirit has been a partner with you in this labour! So if we can go beyond our personal prayer language into the prayer language of the Holy Spirit (Intercessor), we partner with the Holy Spirit (God) to pray the perfect will of God for that situation. We allow the Holy Spirit to orchestrate and conduct the prayer until the job is done. In this way we are to partner with God in our prayers. In childlike trust in Him and not having to work out everything with our limited minds we do this. We are partners and co-labourers with God and pray WITH Him.



Key Points

1. There are three phases of praying in the spirit
2. It may take an act of will to start and build yourself up
3. The Holy Spirit prays with, in and through you as you yield to Him.



Bonus Notes: The Tabernacle of Moses as a picture of the prayer journey

The Tabernacle of Moses is another picture of this prayer journey and it's helpful to look at the different parts and what they represent for us.

The Gate

There is only one way to enter into the Tabernacle which is through the gate. A powerful way to start your prayer, with thanksgiving, praise and blessing His name.

'Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.' Psalm 100:4

The Outer Court

The outer court is symbolic of the natural part of our lives. In the outer court there is no covering, it is open to normal light and the environment, so it is the place in Him where we can operate with the natural senses and abilities we have. This is a picture of our life in Christ as we live in the day to day. How many of God's people never leave this place of natural living even though they are in Christ?

In the outer court, we find the Brazen Altar and Laver of Water.



The Brazen Altar

The first piece we come across in the outer court is the altar, which is the place of sacrifice. Although Jesus was the ultimate sacrifice, we are also directed to offer our bodies as a 'living sacrifice', according to Romans 12: 2 and lay our lives down and choose to live for Christ.

In a sense, when we choose to start praying in tongues, we normally start from the place of natural things. We choose as an act of our will to move into things of the Spirit. We may not feel like doing it, or are distracted or have other things on our mind. It's often a sacrifice to begin. We start to build ourselves up praying in the Holy Spirit. As we do this and rise higher and higher as per Jude: 20, the Spirit begins influencing us. As we persevere even more, He then starts to take us to the next place to a higher call and place.



The Laver of Water

The Laver was a place of cleansing and reflection. It is a place of seeing ourselves through the reflection of God's word. Romans 2: 12 in the Passion Translation puts it this way –'be inwardly transformed by the Holy Spirit through a total transformation of how you think. This will empower

you to discern God's will as you live a beautiful life, satisfying and perfect in His eyes.' At the laver we declare our desire to be like Jesus and our willingness to think differently.

Sometimes this is the place where we can make declarations which line us up with the Word of God, for example, 'I hear God because I am one of His sheep and His shepherds voice'. John 10:27. Or 'I can receive the answers to my prayers because I have the mind of Christ'. 1 Corinthians 2: 16.

The Holy Place

We then approach the Holy Place, the first part of the covered structure. Because the Holy Place is covered and enclosed, the only light in this place comes from the seven branched menorah. Natural senses do not function in this place. This speaks of the Spirit of wisdom and revelation – in here we can only see and operate 'in the spirit'.

There are three things in the Holy Place – the Golden Lamp Stand, the Table of Showbread and the Golden Altar of Incense.



The Golden Lamp Stand

The Lamp Stand was the only source of light in the Holy Place. There were 4 layers of cloth and skin covering the entire structure, and it would have been really dark. The lampstand was to provide light for the priests to carry out their duties. The light would therefore shine on the altar and the table of the showbread and enabled the priests to fellowship with God and intercede on behalf of the people.

The Lampstand represents the light, guidance and direction of the Spirit of God. This is the place of revelation, where the Holy Spirit will begin to show you what He is thinking, feeling or doing. As we move into the things of the Spirit, we have to operate in the revelations of the Holy Spirit. Natural wisdom will have us fumbling around in the dark in this environment. So this is a place of connection to and inspiration from the Holy Spirit. The Light of God fills this place.



The Table of Show Bread

The showbread speaks of fellowship – communing with God. The show bread was also called the 'Face of His Presence'. Our intercessions should always be from communion with Him. We minister from Presence not gifting.



The Golden Altar of Incense

The altar of incense was lit by the coals from the brazen altar. Blood paid for the fire to bring us into covenant with God. Two things in scripture come before God as incense -Prayer & Praise and Giving. What we give to God is worship, our time, talents and treasure. God will be pleased when we give the sacrifice of our lips, when we do good, and when we share what we have with others.

God responds to worship and giving.



The Most Holy Place-The Ark of the Covenant

Behind the second veil is the holiest of holies. This is the place of the mercy seat where God's presence dwells.

Now as the Holy Spirit gives us the utterance and influences us more and more in our prayer in tongues, we have moved from the outer court to the Holy Place and then in to the Most Holy Place. Here there is even more influence and revelation from the Holy Spirit. This is the Holiest of Holies. The intensity and power of our prayer increases more and more as the Spirit empowers and energizes us. More and more prayer incense is released. We rise and fall in prayer waves as the Holy Spirit prays through us.

God welcomes us into this most Holy Place. Scripture tells us to come boldly into the Holy of Holies by the new and living way. Hebrews 10: 19-23. So, we go with and in the Holy Spirit into the Holy of Holies.

If we look at what the Holy Spirit does as we go into the 3rd stage of our prayer with God, He pleads before God. Rom 8: 27, *'the Spirit pleads before God in behalf of the saints according to and in harmony with God's will.'* This pleading takes place in the heavenly Holy of Holies before God. If you are 'before' someone you are right in their presence. This means, as we have access to the Father by the Spirit, we are right in the very Holy of Holies in heaven before God, as we work with the Holy Spirit in our intercession. Yet it is not our intercession but His intercession. That sounds like Paul in Galatians 2: 20 saying, *'I live, and yet not I, but Christ lives in me.'*

The Spirit pleads as 'Advocate' before God on behalf of the saints. He is right in the throne room, He is in the Holy of Holies in heaven. And He has taken us there with Him.

So as we go through the 3 stages of 'Praying with the Holy Spirit' we get to this place. We are in the Holy Spirit, before the throne of God interceding for the saints. As we finish the intercession we sense with awe God's Glory about us. We have been involved in God's work with Him. We have been successful in our petition at the heart of and involved in God's executive authority.

Not many people in this world get into the executive workings of earthly governments, let alone the working of God's eternal government. But we do!

'And there I will meet with thee, and I will commune with thee from above the mercy seat, from between the two cherubims which are upon the ark of the testimony, ...' (Exo 25:22)

Activities

Diagram of Tabernacle of Moses.

Annotate the diagram using the words below and mark where each piece of furniture should be placed.

- Outer Court Holy of Holies Veil Most Holy Place Entrance Gate
- Menorah Laver Golden Altar of Incense Table of Shewbread
- Brazen Altar Ark of the Covenant

