



Praying With God Video Course

Session Six: What the Holy Spirit Does As We Pray

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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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'In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.' Romans 8: 26

In our own strength or intellectual capacity, we don't know how to pray effectively or what prayer to offer or how to present it correctly, but the Holy Spirit knows all this. He is the Comforter, Counsellor, Helper, Intercessor, Advocate, Strengthener, Standby -John 14:26 (Amplified) and knows just what to do. Romans 8:14 tells us those that are led by the Holy Spirit are the sons of God. We must be led by the Spirit in every part of our lives including prayer. In fact this is the essence of supernatural Christianity. The Holy Spirit will lead us in prayer and show us how to pray, what to pray and what we are praying for.

In the scripture above - Romans 8:26, the word 'helps' in Greek means to 'take hold of, together with us, against'. The word in the Greek is sunantilambanomai. The Holy Spirit knows the exact prayer for the occasion. He can plead on our behalf, He knows every aspect of the case and what evidence to present. He partners with us in a dimension that is much greater and deeper than praying to God. He can see and knows what the Father wants prayed. He is our Advocate in the Court Room. We don't even need to know all the protocols or develop a case as He will do this for us!



What The Holy Spirit Does As We Pray

1. The Holy Spirit knows what is going on in prayer and knows the thoughts of God and reveals them to us. 1 Corinthians 2: 9-16
2. He helps us in our weaknesses and helps us to pray in accordance with God's will for the person or situation. Rom 8: 26-28. We don't know what prayer to offer or how to offer, but the Holy Spirit knows.
3. He gives us power to pray. He takes what is Jesus' and makes it known to us. He overshadows us mentally, spiritually and physically. John 14: 12, 25
4. He helps us to remember scripture. John 14: 25
5. He reveals the future. John 16: 13
6. He gives us pictures, thoughts, memories while we pray.

7. He may cause us to empathize with people and even to feel their physical or emotional pain.
8. He may cause us to be loud, soft, quiet, cry or to wait on God.
9. In travail He may cause us to experience 'birth pangs' that may have physical sensations, for example our shoulders may shake or our chest tightens.
10. In warfare He may cause us to feel aggressive. He may give us the urge to vocalize, to stamp, shout, clap, raise hands, shake our fists, etc.
11. In mourning He may cause us to cry out to God in petition.
12. While all the above are going on, the Spirit is transmitting the very heart of God to us, so that we can pray with compassion and wholeheartedness. 1 Corinthians 2: 16
13. The Holy Spirit does not rush. He takes His time and we must allow Him time to do what He wants.
14. The Spirit moves in waves. Jesus compared the Holy Spirit to wind. A great key to prayer is to recognize the pattern of the Holy Spirit and move with the waves. He shows us this by our spirit and the intensity of our prayer as we are attentive to what is going on. The waves can also be compared to labour pains. There is a pressure and a release.
15. There is a difference between praying in our own enthusiasm (although this is a very good place to start) and in praying in the Spirit and in His mighty power. Often in between the intense times of prayer there is a lull, a light praying or 'bubbling'. In this time the Holy Spirit is frequently 'laying siege', or preparing us to come against the enemy. For example, Joshua walked around the walls of Jericho six times before any result was seen. While they were doing this they were building momentum in the Spirit.
16. Sometimes there is a lull in the prayer, which is a turning point, like a turn in the tide, from one type of prayer to another. For example, from travail or mourning or intercession, to standing in front of the devil in warfare. We must learn to stay in step with the Holy Spirit who will lead us every step of the way.
17. As we pray there is always a harvest or a result and as we sow in prayer we will reap a harvest. Proverbs 11: 25: As you refresh others you will be refreshed.

18. Galatians 6: 8: The one who sows to please the Spirit from the Spirit will reap eternal Life.
19. At the end of a time of prayer it is always good to wait quietly in the presence of the Lord. Very often He will speak to us in this time or He may not give instruction but impart something to us like comfort, strength or some ability.



Key Points

1. We are instructed to pray 'in the spirit'.
2. We don't always know how to do this.
3. The Holy Spirit knows what and how to pray. He helps us and leads because He knows what is needed in every situation and for every person.

Activities



Bible Study: Prayer in the Spirit

The New Testament gives us very clear and specific instructions about how to pray and what to pray for. Although there are specific types of prayers like thanksgiving, prayers of faith commitment and petition, there are many times and situations when we do not know exactly how to pray. Read the following verses - how are we to pray?

Romans 8: 26-27:



Bible Study: The Leadership of the Holy Spirit

The Holy Spirit does so much for and in us. He leads, teaches and directs us. He releases supernatural strength, wisdom, power and ability in us. He empowers us for service and enables us to do the works of Jesus. In addition, He comforts, restores and helps us. Read the scriptures below and write down what each ones shows you that the Holy Spirit does for us.

- a. John 6:63; Romans 8:11: _____

- b. John 14: 26: _____

- c. John 16: 7: _____

- d. John 16:8 _____

- e. John 16:13: 1: _____

i. _____

ii. _____

f. John 16:14: _____

g. Luke 12:12: _____

h. Acts 1:8. Luke 4:1 and 14: _____

i. Acts 1:8; Acts 4:13: _____

j. Acts 8:39; 10:19 and 20: _____

k. Acts 13:2: _____

l. Acts 13:9: _____

m. Acts 16:6: _____

n. Romans 8: 13: _____

o. Romans 8:14: _____

p. 1 Corinthians 2: 14: _____

q. Galatians 5:22-23: _____

r. Ephesians 1:14: _____

s. Ephesians 5: 18: _____



Reflective Questions

1. In your own words describe how does the Holy Spirit help us to pray?
2. Have you experienced situations in which you have not known what or how to pray and the Holy Spirit has led you in how and what to pray? Describe them here.



Activation

'But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come'. John 16:13 NIV
Take some time to meditate (think deeply) about this scripture. Ask God to speak to you and write down what He says to you.