



Praying With God Video Course

Session Seven: Praying in the Spirit

John and Heather Alcock

'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

Session Seven: Praying in the Spirit



'Pray at all times on every occasion in the Spirit with all manner of prayer and entreaty. To that end keep alert and watch with strong purpose and perseverance, interceding in behalf of all the saints God's consecrated people. And pray also for me that freedom of utterance is given me that I may open my mouth to boldly proclaim the mystery of the Good News the Gospel.' Ephesians 6: 18-19.

Note: This lesson is developed in more detail in Session 14.

In the above scripture Paul instructs us to pray in the Spirit. What does this mean and how do we do it? How is it different to praying 'in tongues' or 'in the understanding'? How do we stir ourselves to do this?



Prayer in the Spirit

We can look at what Jesus said to the woman at the well in John 4: 23:24 – *'the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him'*. God is looking for those who will worship (and pray) in the spirit.' The Father wants us to pray 'in the spirit'.

So how do we do this? Most of us have experienced arriving at Church with busy minds and perhaps the agitating influences of the morning or previous week. You come to the meeting and you do not really want to sing. As an act of your will you do. As you think about the words of the songs, they begin to have an effect on you. You meditate on the benefits and goodness of God or His greatness, or His power and begin to find it easier to sing. You sense the energization of the Holy Spirit. You move from the 'sacrifice' of praise into 'high praises', and then after a time in this place you may move into worship before the throne. You know and can identify there is a difference between 'praise', the 'high praises' and 'worship'.

There is a similar process or pattern in prayer. We may start off feeling quite dry and unfeeling about the prayer. We make a decision to pray and begin to pray in tongues, which is parallel to our first moments in stirring ourselves to praise.

As we continue to pray, we 'charge' or stir up our spirit. Our prayer becomes easier to the point where the Holy Spirit has taken a hold of us and prays through us. Paul refers to this in 1 Corinthians 14: 4: 'He who speaks in a tongue edifies himself'.

The word 'edifies' means to charge up like a battery being plugged into the source – its power is recharged. So the idea here is that as we begin to pray in tongues, we are charging up ourselves and stirring up our spirit.

And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance. And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance. Acts 2: 4.



Key Points

1. We are called to 'pray in the spirit'.
2. Praying 'in the spirit' is different to praying on tongues.
3. You start by 'charging' yourself in the spirit.
4. You can move in to deeper spiritual phases of prayer.

Activities



Reflective Questions

1. Can you explain what the difference is between praying in tongues and praying in the Spirit?

2. Have you ever experienced any aspects of this prayer journey – the phases of praying and entering in to the Spirit?



Activation

Listen to and join in the MP3 Pray Along which you will find in Resources, entitled Pray Along.