



St. Joseph's
Episcopal Church

How to Pray Effectively: A Biblical Way to Pray for Results

Week 6 | Praying in the Spirit

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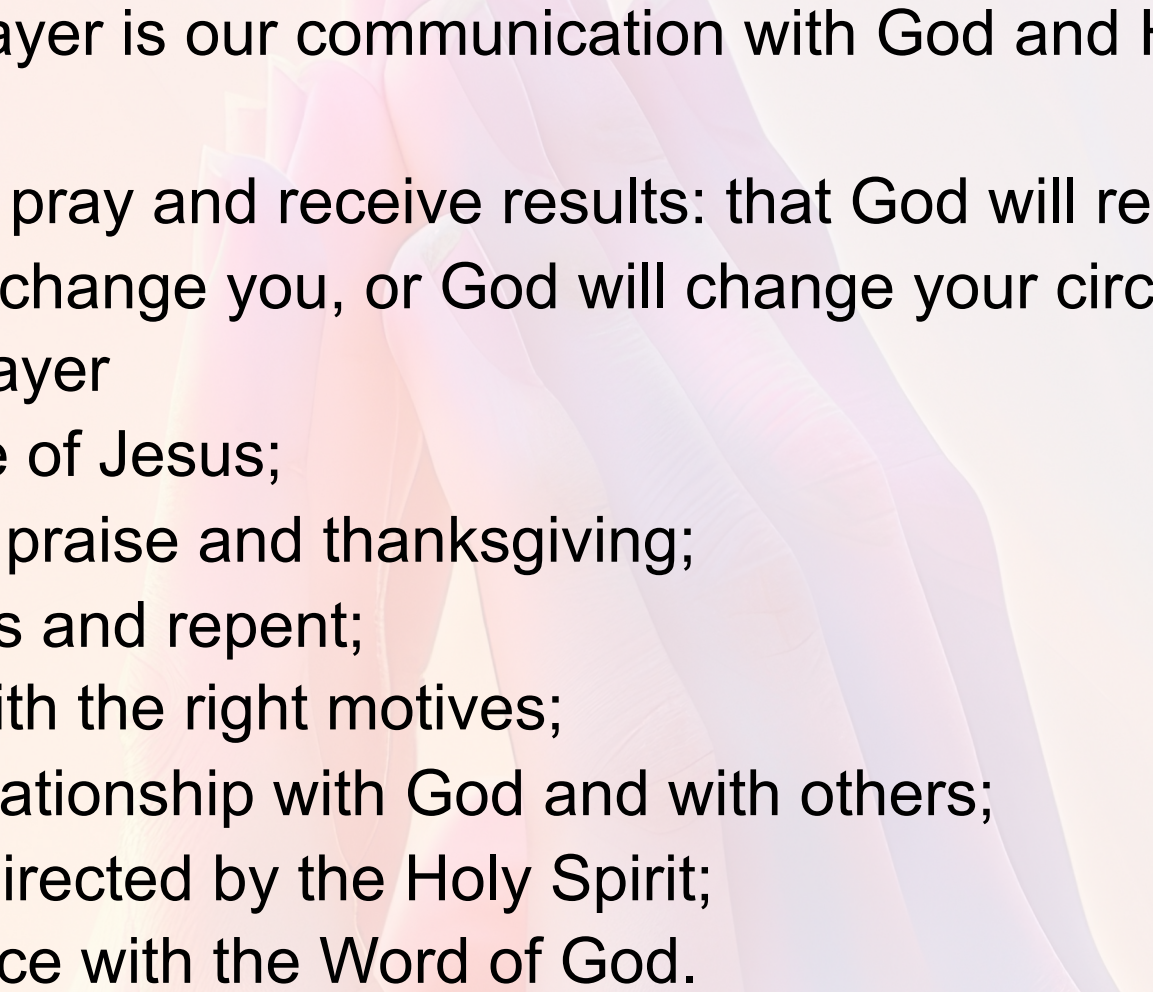
Prayer Before Bible Study

Blessed Lord, who has caused all holy Scriptures to be written for our learning: Grant that we may hear them, read, mark, learn and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which You have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

— Collect for Proper 28:
Book of Common Prayer, p. 236)



Week 1: Keys for Effective Prayer

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- We pray because prayer is our communication with God and He delights in our prayers.
 - Effective Prayer is to pray and receive results: that God will reveal Himself, God will answer, God will change you, or God will change your circumstances.
 - Keys for Effective Prayer
 1. Pray in the Name of Jesus;
 2. Pray to God with praise and thanksgiving;
 3. Confess your sins and repent;
 4. Approach God with the right motives;
 5. Be in the right relationship with God and with others;
 6. Prayer must be directed by the Holy Spirit;
 7. Pray in accordance with the Word of God.

Week 2: Components of Prayer

- There are 4 key components of prayers that you should follow. Each component can be its own prayer and put into different orders. The acronym ACTS (or CATS and CAST) helps us to remember these four areas.
 1. A | Adoration
Adoration is giving praise and worship to God, who is worthy of our praise.
 2. C | Confession
We must confess our sins to God as the first step in cleansing our soul.
 3. T | Thanksgiving
We must thank God in all our circumstances, high and low, as he has blessed us with life and continues to bless us.
 4. S | Supplication
We can never be too proud to beg God for ourselves and for all who surround us.

Week 3: Praying in the Name of Jesus

Praying in the Name of Jesus is a powerful way of aligning ourselves with God's will.

1. Jesus has authority over demons, illness, and all circumstances;
2. We must be aware of the presence of Jesus, maintain a personal relationship with Jesus, and know the will of Jesus for us;
3. We can claim God's promises of salvation, healing, and victory over evil in Jesus' Name;
4. We must be wary of false prophets and cults using Jesus' Name as a talisman or magic formula.

Week 4: Using Scripture in Prayer

The use of scripture is the number one resource for effective prayer.

1. Scripture reveals God's will as the bases of prayer, provides instructions for how to pray; show us how not to pray; give us God's promises that we can claim in prayer; show us the condition for effective prayer; give us examples of prayer; and give us examples of answered prayers.
2. We use scripture in prayer because: God's Word is our spiritual weapon against evil; God's Word cleanses us spiritually; God's Word prepares our hearts in righteousness for effective prayer.
3. The apostles used scriptures to compose prayers; the epistle to the Hebrews uses scripture in prayer and admonition; Jesus used scripture in His prayer.
4. In prayer, allow the Holy Spirit to remind you of verses relevant to your prayer needs; pray according to the promises and conditions laid out in the Word of God; be careful not to use scripture without understanding the meaning.

Week 5: Praying in the Spirit

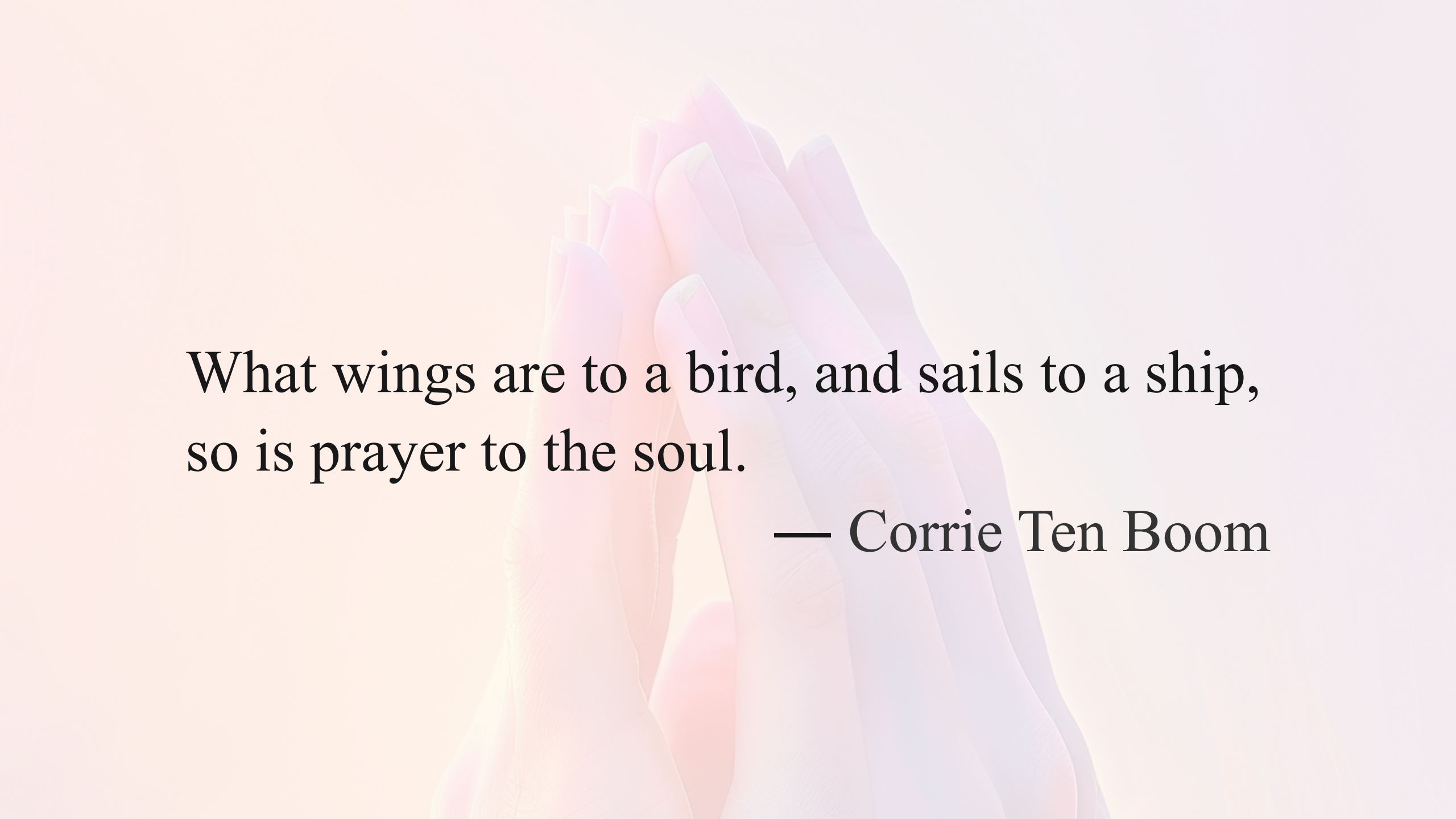
1. Faith is based on God, Jesus' teachings, and God's promises.
2. Faith is important in prayer because: without faith it is impossible to please God; we need the shield of faith in spiritual warfare, we need the power of faith to move us.
3. Practical guidelines for praying in faith
 1. Ask without doubting;
 2. Establish confidence in God;
 3. Persevere in prayer;
 4. Develop an obedient heart;
 5. Practice positive thinking;
 6. Practice speaking positive words;
 7. Practice doing actions.

Word of Thanks

Before we proceed to the new topic “Praying in the Spirit” may I pause to give thanks to some of you who sent a donation to this teaching ministry. Your donation will go to the Clergy Discretionary Fund, helping missionaries, people, and causes in need.



This course is free but if you are moved to support my teaching ministry at St. Joseph’s, you may donate by scanning this **QR Code**, sending payment **via Zelle to treasurer@stjosephqv.org**, or visiting our website at **www.stjosephqv.org/donate**



What wings are to a bird, and sails to a ship,
so is prayer to the soul.

— Corrie Ten Boom

Praying in the Spirit

Praying in the Spirit means to pray with the mind of the Spirit according to the will of God. Praying according to the will of God not only assures us that He hears our prayers, but also that He will answer them in His own way in His own time.

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen. — Prayer attributed to St. Francis





The Role of the Holy Spirit

The Role of the Holy Spirit in our Prayers

1. The Holy Spirit ushers us into the presence of the Father

For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption. When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs: heirs of God and joint heirs with Christ, if we in fact suffer with him so that we may also be glorified with him.

— Romans 8:14-17



The Role of the Holy Spirit in our Prayers

1. The Holy Spirit ushers us into the presence of the Father

So he came and proclaimed peace to you who were far off and peace to those who were near, for through him both of us have access in one Spirit to the Father.

— Ephesians 2:17-18

2. The Holy Spirit enables us to pray

Likewise the Spirit helps us in our weakness, for we do not know how to pray as we ought, but that very Spirit intercedes with groanings too deep for words.

— Romans 8:26



The Role of the Holy Spirit in our Prayers

3. The Holy Spirit helps us to pray according to the will of God

And God, who searches hearts, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. — Romans 8:26

4. The Holy Spirit equips us for spiritual warfare

Pray in the Spirit at all times in every prayer and supplication. To that end, keep alert and always persevere in supplication for all the saints.

— Ephesians 6:18



The Role of the Holy Spirit in our Prayers

5. The Holy Spirit builds up our faith

But you, beloved, build yourselves up on your most holy faith; pray in the Holy Spirit; keep yourselves in the love of God; look forward to the mercy of our Lord Jesus Christ that leads to eternal life.

— Jude 1:20-21



A pair of hands is shown in a prayer position, with fingers interlaced and palms facing each other. The hands are rendered in a soft, ethereal style with a color gradient from light pink to light blue. Behind the hands is a large, faint, glowing circular halo or aura, creating a spiritual and serene atmosphere. The background is a light, warm gradient.

Praying in the Spirit

Praying in the Spirit

1. Receive the Holy Spirit

“Therefore let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.”

Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, “Brothers, what should we do?” Peter said to them, “Repent and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven, and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.” — Acts 2:36-39



Praying in the Spirit

2. Be continually filled with the Holy Spirit

Do not get drunk with wine, for that is debauchery, but be filled with the Spirit, as you sing psalms and hymns and spiritual songs to one another, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ,

— Ephesians 5:18-20



Praying in the Spirit

3. Be obedient to God

The God of our ancestors raised up Jesus, whom you had killed by hanging him on a tree. God exalted him at his right hand as Leader and Savior that he might give repentance to Israel and forgiveness of sins. And we are witnesses to these things, and so is the Holy Spirit whom God has given to those who obey him.

— Acts 5:30-32





Praying in the Spirit

4. Worship the Lord in spirit

God is spirit, and those who worship him must worship in spirit and truth.

— John 4:24

5. Do not grieve the Spirit

And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption.

— Ephesians 4:30

Praying in the Spirit

6. Do not quench the Spirit

Do not quench the Spirit. Do not despise prophecies, but test everything; hold fast to what is good; abstain from every form of evil.

— 1 Thessalonians 5:19-22





Practical Guidelines

Practical Guidelines for Praying in the Spirit

1. Pray with the Spirit, pray with the Mind

What should I do then? I will pray with the spirit, but I will pray with the mind also; I will sing praise with the spirit, but I will sing praise with the mind also. — 1 Corinthians 14:15



Practical Guidelines for Praying in the Spirit

2. Sing with the Spirit, sing with the Mind

I will sing praise with the spirit, but I will sing praise with the mind also. Otherwise, if you say a blessing with the spirit, how can anyone in the position of an outsider say the “Amen” to your thanksgiving, since the outsider does not know what you are saying? For you may give thanks well enough, but the other person is not built up. I thank God that I speak in tongues more than all of you; nevertheless, in church I would rather speak five words with my mind, in order to instruct others also, than ten thousand words in a tongue. — 1 Corinthians 14:15b-19



Practical Guidelines for Praying in the Spirit

3. Be full of thanksgiving

but be filled with the Spirit, as you sing psalms and hymns and spiritual songs to one another, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ, being subject to one another out of reverence for Christ. — Ephesians 5:18b-21

4. Be subject to one another

being subject to one another out of reverence for Christ.

— Ephesians 5:21



Practical Guidelines for Praying in the Spirit

5. Listen and follow the Lord

My sheep hear my voice. I know them, and they follow me. I give them eternal life, and they will never perish. No one will snatch them out of my hand. — John 10:27-28



Practical Guidelines for Praying in the Spirit

6. Discern the mind of Christ

For what human knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual. Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny. "For who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ. — 1 Corinthians 2:11-16



Practical Guidelines for Praying in the Spirit

7. Pray with a renewed mind

I appeal to you therefore, brothers and sisters, on the basis of God's mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect.

— Romans 12:1-2





Summary

Summary | Praying in the Spirit

Praying in the Spirit means to pray with the mind of the Spirit according to the will of God.

1. The Holy Spirit: ushers us into the presence of the Father; enables us to pray; helps us to pray according to the will of God; equips us for spiritual warfare; and builds up our faith.
2. We pray in the Spirit by: receiving the Holy Spirit; being continually filled with the Holy Spirit; being obedient to God; worshipping the Lord in spirit; not grieving the Spirit; and not quenching the Spirit.
3. Practical guidelines in praying in the Spirit are to: pray with the Spirit, pray with the Mind; sing with the Spirit, sing with the mind; be full of thanksgiving; be subject to one another; listen and follow the Lord; discern the mind of Christ; and to pray with a renewed mind.

The background of the slide features a soft, ethereal image of two hands clasped together in a prayerful gesture. The hands are rendered in a semi-transparent, pastel style with shades of pink, purple, and light blue. A faint, glowing halo surrounds the hands, adding to the spiritual atmosphere. The overall background is a light, warm gradient.

Assignment

Set aside at least 15 minutes each day to pray in the Spirit. As you pray, jot down in a notebook what you discern the Holy Spirit is saying to you.



Discussion Questions

What lessons have you learned today and how do you apply it in your prayer life?