



PART 4: THE SPIRIT HELPS US PRAY

Sermon Notes

Text: Romans 8:18-27

Intro:

Acts 2:1-4, 17-18

The Holy Spirit Helps us Pray

Romans 8:18-27

Do you ever find yourself not knowing what to say?

1. Prayer in the Spirit

Ephesians 6:18

Praying in the Spirit is prayer with divine help

We all know what it is to feel deadness in prayer, difficulty in prayer, to be tongue-tied, with nothing to say, as it were, having to force ourselves to try. Well, to the extent that is true of us, we are not praying in the Spirit. ~Martyn Lloyd-Jones

“True prayer is God the Holy Spirit talking to God the Father in the name of God the son, and the believer’s heart is the prayer-room.” ~Samuel M Zwemer

“In prayer we begin to think God’s thoughts after him: to desire the things he desires, to love the things he loves, to will the things he wills.”

~Richard Foster

1 Corinthians 2:11

Ask for guidance, listen, then intercede.

Matthew 7:7-8

2. Praying in Tongues

Romans 8:26, Acts 2:4, 1 Corinthians 14:2

Conclusion:

The most important things we say are the things we say in prayer.

Application:

1. Admit to God your tendency and inability to pray in the flesh
2. Ask God what to pray for
3. Obey the impulse to pray, whenever and wherever you are
4. Try praying in tongues

Life Group Discussion

Warm up:

1. What is the hardest thing about prayer for you? Knowing what to pray for? Finding time? Not knowing how? Lack of faith that it works?
2. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?

Study & Discussion:

1. Read Ephesians 6:18, Jude 1:20 & Romans 8:26. What do you think it means to pray in the Spirit? What are some of its benefits? What do you think it means to pray in the flesh?
2. Think of the times in your life when you've had the most enriching times of prayer, or when you've had prayers answered in obvious ways. What were those times like? Where were you? How did those prayers feel different than others? Why do you think that is?
3. Read Matthew 7:7-12. Considering vs. 9-12, what is Jesus telling us to "ask, seek and knock" for? Survey the rest of the sermon on the mount. What other things is Jesus inviting us to pray for? Does your prayer list look like this, or is it full of other things?
4. What do you think about speaking in tongues? Have you done it before? Do you do it regularly? Why or why not? What questions do you have about it?

Application:

This week set some time aside for prayer, and try the following:

1. Admit to God your tendency and inability to pray in the flesh.
2. Ask God what to pray for...then pray for that!
3. Obey the impulse to pray, whenever and wherever you are.
4. Try praying in tongues.