



PART 7: THE SPIRIT HELPS US PRAY

Sermon Notes

Text: Romans 8:18-27

Intro:

John 14:16-17

Romans 8:18-27

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

Romans 8:26-27

2. Praying in Tongues

Acts 2:4

Praying in tongues is simply praying in a language that you haven’t learned

1 Corinthians 14:2

Conclusion:

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

Ephesians 6:18

Connect Group Discussion

Warm up:

1. Are you a quiet person or a talkative person? Do you tend to talk too much, or do you tend to not know what to say? Do you sometimes have a hard time knowing what to say when you pray? Why or why not?

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? How do you know when you're praying in the Spirit or in the flesh?
2. What role does prayer play as it related to the "present sufferings" (Romans 8:18) of this world?
3. Read Acts 2:1-4. 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?

Weekly Prayer Practice: Prayer in the Spirit

As you pray this week, try the following:

1. Admit your tendency to pray in the flesh without the help of the Spirit.
2. Ask the Holy Spirit to inform and empower your prayers.
3. Obey the impulse to pray whenever and wherever you are (this could be the Holy Spirit's prompting).
4. Try praying in tongues. Don't expect fireworks, or unseen powers to move your mouth for you. Just give your voice to the Spirit, and let him pray through you.