

Praying in the Spirit

Ephesians 6:18 “*Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;*”

Here this verse tells us to pray **always**... with **all** manners of prayer and supplication **in the Spirit**, being watchful or observant with **all** steadfast perseverance for all believers.

Another translation says: “*And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.*”

We must firstly look at the fact that there are many different types of prayer in the Scripture:

The prayer of agreement (where two or more believers come into agreement over a thing, believing).

The prayer of declaration (boldly declaring the promises and will of God) The prayer of faith (a prayer prayed in faith without wavering).

The prayer of consecration or dedication (committing a person or thing apart as holy, reserved for the Lord’s use).

Binding & loosing (a prayer to release/restrain certain spiritual influences in a person’s life or situation).

The prayer of petition and supplication (for needs)

The prayer of intercession (on behalf of another)

... to name a few.

However in looking at the armor of God, which Jesus Himself demonstrated for us, we must understand that Jesus, Himself, was a man of prayer.

Mark 1:35 ‘*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*’

Matthew 14:23 ‘*After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone.*’

Luke 5:16 ‘*And he withdrew himself into the wilderness, and prayed.*’

Luke 6:12 ‘*One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.*’

The disciples observed His life-style of communion with God and therefore **asked** in Luke 11, if He would teach them and instruct them how to pray.

Luke 11:14-17 “*And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth. Give us day by day our daily bread. And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.*”

Prayer is the ability to communicate to God. According to Hebrews 4:16 we have every right to come **boldly** before the throne of grace to commune with our Father as we have need. “let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”

We have the ability to naturally communicate through prayer, but also supernaturally through the power and enabling of the Holy Spirit within us.

1 Corinthians 14:15 “*What is it then? I will pray with the Spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.*”

This scripture tells us that we should pray both in the spirit, and also with the understanding.

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One is in the natural ('understanding'), the other is supernatural (by the Spirit of God). The natural is limited to personal knowledge, our rational thinking, reasoning, facts and information and ability, however we can bring the **power** of God's Word, His character and resource to bear in every situation we bring before Him. The other is supernatural, enabled by the Spirit of God, who knows all things and can adequately pray through us when we know not 'how we should pray'.

Jude 1:20 *But you, beloved, building yourselves up in your most holy faith, praying in the Holy Spirit,*

Praying in the Spirit, not only builds you up in your faith, but it enables you to pray the perfect will of the Father into every situation.

Romans 8:26 *Likewise the Spirit also helps our infirmities. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.*

John 14:14-17 *If you ask anything in My name, I will do it. If you love Me, keep My commandments. And I will pray the Father, and He shall give you another Comforter, so that He may be with you forever, the Spirit of Truth, whom the world cannot receive because it does not see Him nor know Him. But you know Him, for He dwells with you and shall be in you.*

We have been given the Holy Spirit, the Spirit of Truth, the Comforter, to reside upon the inside of us to help us in our times of weakness. He is in us, enabling us, empowering us.

Romans 8:27-28 *And He searching the hearts knows what is the mind of the Spirit, because He makes intercession for the saints according to the will of God. And we know that all things work together for good to those who love God,*

to those who are called according to His purpose.

1Corinthians 14:14 *For if I pray in a tongue, my spirit prays, but my mind is unfruitful.*

If we pray in the Spirit, the scripture says that we do not understand in the natural what it is that we are praying (our understanding is 'unfruitful') however, we pray the perfect will of the Father, because the Holy Spirit who is praying through us, knows and understands what His will is and will make 'intercession' through us when we yield ourselves to Him.

Paul said, 'I wish that you **all** spoke with tongues' (1 Corinthians 14:5) And in verse 18, he tells us 'I speak in tongues more than you **all**.'

Speaking in tongues in the arena of prayer is a very precious gift. It allows us to:

1. Have supernatural communication with God, beyond our natural understanding.
2. Pray directly in line with God's Word and His will.
3. Pray for the unknown, those things known only to God.
4. Build up our faith.
5. Lift up a standard against the enemy's devices against your life. (Isaiah 59:19)

The ability to commune with the Lord in all manner of prayer is a privilege but the ability to commune directly to the heart of God, pray the perfect will of God into every situation, and intercede on behalf of all saints, even when we do not know how we should pray, is amazing!! We should be those who strive to 'pray without ceasing', as 1Thessalonians 5:17, tells us, using **all** manner of prayer, at **all** times, for **all** the saints. The icing on the cake!