

Prayer-Part Six-In the Spirit

Since we are of the Spirit and not the flesh, and our communion and communication with God, who is Spirit, is of the Spirit, we should look to his indwelling Spirit to help us pray in an effective way.

Ephesians 6:18 – Praying always with all prayer and supplication IN THE SPIRIT, and watching thereunto with all perseverance and supplication for all saints;

Romans 8:26,27 – Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groaning which cannot be uttered. 27) And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

The Spirit of the Lord helps us pray, leads us in what to pray for, how to pray. And when we don't have the words to express what we need, the Spirit will interpret our groans and cries and turn them into effective prayer. Effective prayer has a desired outcome, an outcome that is aligned with God's will, and that will bring God glory.

Philippians 4:6 – Be careful (worried) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. &) And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Although our emotions may drive us to our knees and cause us to cry out to God, our emotions must not be the captain of our prayer utterance to God. If we begin with praise and thanksgiving, that can help us temper our emotions and move us toward prayer led by God's Spirit, shored up by His word.

Examples of prayers totally driven by emotion:

Fear: I Kings 19:4; 9-10; 14

Anger: Jonah 4:1-3

Pride: Luke 18:11,12

If we first spend time thanking God, praising him, really getting into his presence, we should then experience the peace of God; it is from that place of peace and assurance that we look to him to guide us in prayer. We pray from a place of peace, not panic.

In I Samuel 30:6, David first encouraged himself in the Lord his God, then he said bring me the ephod, and he enquired of the Lord. First: Encouraged in the Lord, Then: Prayer and Enquiry. (Of course we know that the word came from the Lord that David should pursue, overtake the enemy, and recover all.