

Key Verses

“The Spirit helps us in our weakness. For we do not know what to pray as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he 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 8:26-27

“But you, Beloved, building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life,” Jude 1:20-21

“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,” Eph 6:18

Key Ideas

The Spirit helps us in our weakness: *he prays for us*, turning our groans into prayers; and *he helps us to pray*, as we learn to pray ‘in the Spirit.’”

This leads to three things:

1. All things will work for our good because the Spirit prays for us (Roman 8:28)
2. In the Spirit we can grow through prayer in knowing God, knowing His love for us (Jude 1:20)
3. In the Spirit we can be a part of his beautiful work in the lives of others, even those we have lost touch with. (Eph 6:18)

With the Spirit's help, we are never at the end of a road: We can grow in God's love and we can bring all his goodness into the lives of those he has entrusted to us.

Helpful Quotes

“Prayer is nothing else than being on terms of friendship with God,” Teresa of Avila.

“The continuous and unembarrassed interchange of love and thought between God and the soul of the redeemed man or woman is the throbbing heart of New Testament religion,” A. W. Tozer

“Without the Spirit, we are simply at a loss to know how to communicate with God. That is the legacy of human rebellion and sin. If that communication is to be restored, God will have to do it. . . the good news in this passage is that God has done just that. God has sent his Spirit to open those lines of communication,” Paul Achtemeier.

“Prayer is the inner bath of love into which the soul plunges itself,” St John Vianney.

He prayeth best, who loveth best
All things both great and small;
For the dear God who loveth us,
He made and loveth all.”

— Samuel Taylor Coleridge, The Rime of the Ancient Mariner

Practices

Notecard Prayers

Practices of *Examen*, Gratitude or *Lectio*

Please see <https://greenwoodcc.com/life-with-jesus-in-worship/>

Small Group Questions:

1. When you hear the word prayer, what comes to mind for you? In other words, how would you define prayer? And, how do you experience prayer?
2. Do you ever (or often) feel like you are failing at prayer, like you are at a road's end, not knowing the way forward?
3. When you consider prayer, what do you long for?
4. Which part of this lesson or teaching stood out to you the most, why do you think this is so?
5. Do you sense the Lord inviting you to go deeper with him in prayer? What do you think that would look for you?
6. How may we pray for each other as we considering keeping in step with the Spirit of Prayer?