

Through this series we'll be exploring themes such as the promise of the Holy Spirit as well as worshipping, witnessing and praying in the Spirit. By exploring Biblical themes we'll see what it looks like to live life in the Spirit.

## **Listen again and Wordsheets**

On the series web page www.kingsnorwich.com/lifeinthespirit

## **LIFE Group OneStop**

One place for all LIFE Group resources www.kingsnorwich.com/onestop

**Title:** Praying in The Spirit

Date: 22<sup>nd</sup> January 2023

**Speaker:** Steve **Site:** City West

Bible reference: Ephesians 6:18

#### Overview

Do you ever find it hard to pray? Not sure what to pray? Run out of steam, time or energy, suddenly remembered an 'urgent' task and get distracted? You are not alone! But, Jesus has given us His Holy Spirit to help us pray.

# What is it? - Prayer that is prompted and guided, and sustained by the spirit.

- How does that compare to our own times of prayer?
- How can we pray like that?

### How does the spirit prompt and guide us to pray?

- See Romans 8:26
- See Gal 3:5

## Keeping company with God

- What is the Lord seeking when we pray? See James 4:8
- How can we make that a feature of our prayer times with the Lord?

### **Tongues**

Another means of praying, read 1 Cor 14:1-25 you might want to pray for people to receive this wonderful gift! Although not all will, Paul encourages us all to seek after it.