



Session #16:
“The Holy Spirit Energizes Our Prayers”
Tuesday, March 1, 2022

6 Ways the Holy Spirit Helps us to Pray:

1. For when we don't know what to pray. Romans 8:23-27

“Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.”

2. To be granted wisdom and revelation to know the Lord better; to open the eyes of our hearts for greater hope in the riches of Christ; to experience more of the Holy Spirit's power. Ephesians 1:16-19

“I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in the saints, and His incomparably great power for us who believe.”

3. To better grasp the infinite love Christ has for us. Ephesians 3:16-21

“I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

4. To be able to pray in all situations and occasions. Ephesians 6:18

"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 saints."

5. To be filled with the knowledge of God's will for us with spiritual wisdom and understanding to live a life worthy of the Lord. Colossians 1:9-12

"For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of His will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please Him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to His glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light."

6. To be built up together in the Spirit, not divided. Jude 1:19-20

"These are the men who divide you, who follow mere natural instincts and do not have the Spirit. But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit."

Questions:

- As this is the last Men's Life small group for this season, share some of the things you have learned about and/or matured in living by the Holy Spirit.
- Share a time in your life when things were so hard, confusing or terrifying that you did not know how/what to pray.
- Spend some time rereading and discussing the amazing prayer of the Apostle Paul in Ephesians 1:16-19.
What wisdom and revelation would you like to receive?
What hope do you desire to have to get you through these days?
What are the riches of Christ's glorious inheritance for us?
- Discuss how we can be built up together in prayer in the Holy Spirit.

Spend time in prayer for each other.