

— PRAYING — TO the FATHER THROUGH the SON BY the SPIRIT

PRAYING TO THE FATHER, THROUGH THE SON, BY THE SPIRIT

Ephesians 2:18 | August 2, 2026 | Pastor Jenna Luoto

SERMON SUMMARY

Many Christians pray regularly but quietly wonder if they're doing it right. In this message, Pastor Jenna addresses that gap directly. Drawing from Ephesians 2:18, she walks us through the most complete picture scripture gives of how prayer works: we pray **TO** the Father, **THROUGH** the Son, **BY** the Spirit. Each person of the Trinity plays a distinct role. The Father is the loving, approachable destination of our prayers. The Son is the pathway, having removed every barrier that once made us feel timid or unworthy before God. The Spirit is the guide, helping us pray with wisdom and alignment that our own understanding could never produce. Together, these three truths don't give us a formula to memorize but a relationship to grow into, one that moves our prayer life from awkward and insecure to confident, intimate, and expectant.

DISCUSSION QUESTIONS

- 1 Pastor Jenna said many Christians pray regularly but feel awkward or uncertain about whether they're doing it right. Does that resonate with you? What has made prayer feel unnatural or difficult in your own life?
- 2 Hebrews 4:16 says we should approach God's throne of grace "with confidence." What would it look like for your prayer life to actually feel that way? What is currently getting in the way?
- 3 Jesus specifically taught his disciples to begin prayer with "Our Father" rather than a more distant title like King or Judge. How does directing your prayers to a loving Father change the posture you bring into prayer?
- 4 Pastor Jenna described praying **THROUGH** the Son as recognizing what Jesus has already accomplished for us. Are there things you have been asking God for that Jesus may have already provided? How could that shift the way you pray?
- 5 Romans 8:26 says the Spirit intercedes for us when we don't know what to pray. Have you ever experienced the Spirit guiding your prayers somewhere unexpected? What would it look like to pause and invite the Spirit into your prayers before you begin?
- 6 Of the three, praying **TO** the Father, **THROUGH** the Son, or **BY** the Spirit, which feels like the biggest shift for your current prayer life? What is one practical way you could practice it during 21 Days of Prayer this week?