

# Last week: : Praying in the Spirit

CONCLUSION  
SIX LESSONS  
FROM  
EPHESIANS  
6:18

**1. Pray in the Spirit.**

- Depend on the Holy Spirit to help you and guide you.

**2. Pray on all occasions.**

- Make prayer part of everyday life.

**3. Pray with all kinds of prayers.**

- Worship, give thanks, ask, confess, and intercede.

CONCLUSION  
SIX LESSONS  
FROM  
EPHESIANS  
6:18

**4. Be alert.**

- Stay spiritually watchful.

**5. Keep praying**

- Perseverance in faith when answer are delayed.

**6. Pray for all believers**

- Carry the needs of God's people before Him.

So, today we continue our series, reinforcing some of our Pastor's message from last week and bringing in some new teaching today.

# Praying in the Spirit - Developing a lifestyle of prayer.

**Introduction:** Prayer is one of the most powerful gifts God has given to His children. It is more than a religious activity or a routine repeated during church services.

Prayer is fellowship with God. It is where hearts are strengthened, burdens are lifted, wisdom is received, and faith grows deeper. Through prayer, believers experience intimacy with the Father and become spiritually sensitive to His voice.

Many people – Christian and not – pray occasionally, especially during difficult moments, but for Christians God desires something deeper than emergency prayers.

He longs for believers to live in constant communion with Him. Cultivating a lifestyle of prayer means developing a daily habit of seeking God consistently, not only when life becomes difficult but in every season.

Many of us desire consistency in prayer but struggle with distractions, inconsistency, or spiritual dryness. In this series we endeavour to explain biblical ways believers can deepen intimacy with God through consistent prayer.

We have four areas that will help us develop a lifestyle of prayer.

I. Develop a **desire** to pray. Psalm 42:1-2.

II. Develop a life of **dependence** on God. Proverbs 3:5-6

III. Develop a **habit of praying** in all circumstances. 1Thessalonians 5:16-18

IV. Develop a life that prays **according to God's will**. 1John 5:14

## I - Develop a desire to pray.

**Psalm 42:1-2. As the deer pants for streams of water, so my soul pants for you, my God. 2 My soul thirsts for God, for the living God. When can I go and meet with God?**

Psalms 42:1–2 expresses the Psalmist's urgent spiritual thirst for God, compared to a desperate deer thirsting for water in the wilderness. The passage establishes that this longing is directed toward the **living** God - alive and personally responsive - rather than toward dead idols or abstract principles.

A deer's desperate gasp for water becomes the language for what our soul needs and not a casual preference for God, but a survival-level thirst that no earthly substitute can touch.

In the symbolic sense, the deer running to water becomes a type of the baptized soul running to Christ, who is the living water **John 4:10**  
**Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.”**

Related passages such as **John 4:14: but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.**

Also, **Matthew 5:6: “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.**

## **II - Develop a life of dependence on God.**

**Proverbs 3:5-6** Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

**Trust in the LORD:** Solomon advised his son to live a life of trust in Yahweh. (**Yahweh** is the sacred, personal name of Israel's God, meaning "I am who I am.") Solomon had found that God was worthy to be trusted.

**With all your heart:** If trust in God is to be true, it must be complete. To put half our trust in God and half our trust in self or something else is really failure to trust the LORD at all. We should endeavour to give God all our conscious trust.

**Lean not on your own understanding:** Trusting God with all our heart means to decide to put away our **own understanding** and instead to choose to trust God and His understanding, especially as declared in His word.

**In all your ways submit to Him:** Trusting God with all our heart means to honour and **submit your heart to Him** in all that we do. It is the choice to “invite” God into our everyday life and conduct. It is to practice the presence of God in the regular and sometimes mundane things that happen every day.

**He will make your paths straight.** This is the great principle of God’s response towards those who trust Him in the way described in these verses. When we acknowledge Him in our **ways**, He will **direct** our **paths** in the fulfilment of His will, into what is right before Him and pleasing to us.

### III. Develop a habit of praying in all circumstances.

**1 Thessalonians 5:16-18 - Rejoice always, <sup>17</sup> pray continually, <sup>18</sup> give thanks in all circumstances; for this is God's will for you in Christ Jesus.**

**Rejoice always:** Not only rejoicing in happy things, but in sorrows also. The Christian can rejoice always because their joy isn't based in circumstances, but in God. Circumstances change, but God doesn't.

This is a comment that is seen as counter-intuitive by the world in general but should be normal for us – let me explain.

Rejoice always does not mean that we are unrealistic about sadness and pain that life can bring, but we have a promise from God and a hope in Jesus that does not simply put a plaster on the sadness we experience but holds us close to Himself.

That can only happen within an environment of spiritual certainty that comes from faithful prayer alone or with others.

You see, as everyone that has experienced disappointment, tragedy and grief will know, it is not a one-time event. It stays with us. However, if we are helped through that by faith and prayer, it does not destroy us.

**Pray without ceasing:** Christians are to pray continually. We can't bow our heads, close our eyes, and fold our hands without ceasing, but those are *behaviours* of prayer, not prayer itself. Prayer is communication with God, and we **can** live in a constant, flowing, conversation with God.

**Matthew 6:6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.**

But there is also room – and great value – in every-moment-of-the-day fellowship with God.

There are many valuable implications from this command:

- The use of the voice is not an essential element in prayer.
- The posture of prayer is not of primary importance.
- The place of prayer is not of great importance.
- The particular time of prayer is not important.

**give thanks in all circumstances:** This, too, is possible only on condition of continual communion with God. The look of things in this world depends very largely on the colour of the spectacles through which you behold them.

Giving thanks in all circumstances redirects our spirit to connect with God's Holy Spirit and allows us to see that God works for us in the good and the bad times.

He adds that it is God's will to do so. Regardless how difficult our circumstances may be, we can find reasons to thank God.

The debt to gratitude, often neglected by us, is earnestly, and frequently commanded in the New Testament.

Our Lord on the cross purchased joy as well as righteousness for us. It is the very design of the gospel, that, being saved from guilt, we should be happy in the love of Christ. Prayer is the breath of our spiritual life.

God works in all things for the good of those who love him –

**Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.**

## IV Develop a life that prays according to God's will.

**1John 5:14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.**

A central purpose emerges here at the end: John wrote "**that if we ask anything according to his will, he hears us.**," bolstering his readers' and our assurance works on what should shape our prayer life.

Believers can have confidence before God, and requests are granted if they are in harmony with his will.

One of the questions many Christians ask is, “How do I know if I am praying according to God’s will?” We all have hopes, dreams, needs, and desires that we bring before God.

We pray for healing, wisdom, provision, restored relationships, open doors, and countless other requests. Yet there are times when God’s answers are different from what we expected, leaving us wondering whether we prayed correctly.

The Bible teaches that praying according to God’s will is not about finding the perfect words or discovering a secret formula. It is about bringing our requests before God with hearts that **trust His wisdom above our own.**

The reading we had at the start of this section is a promise from God.

**1John 5:14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.**

These verses do not mean that God will grant every request exactly as we imagine it. Instead, they assure us that when our prayers are aligned with His will, we can have complete confidence that He hears us and will respond according to His perfect wisdom.

Praying according to God's will is not about convincing God to follow our plans. It is about allowing our hearts to be shaped by His.

For example, if you need wisdom, you can confidently pray  
**James 1:5: “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”**

If you are anxious, you can pray

**Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God**

asking God for the peace He promises to those who bring their concerns to Him.

In Matthew 26 Jesus was in the garden - before his arrest He went to a quiet place to pray and asked His disciples to keep watch. When He returned, they were asleep. His reaction was a warning. Jesus tells them

**Matthew 26:41 “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”**

That is also a warning for us also. If we forget to pray, we will be spiritually empty, dry. Unable to call fully on the power of prayer. At best that will not allow us to as effective as we could be. At worst we could fall away from our faith all together.

Fortunately, the Lord our God never forgets and will always respond to those who seek him in prayer. All we need to do is to “remember” to seek him.

Inviting God into our daily life will help us physically and spiritually. However busy you may be – call on God to be with you. 15 minutes every day. You will benefit, your faith will benefit, your day will find benefit.

We who are in Christ Jesus are those who believe in him. We have received the new life that he gives. We have access to all of God’s promises. Love, Grace, Mercy, Redemption, Justification because of what His Son Jesus did on the cross. **Is that not enough – just to remember to read God’s word and to Pray daily?**

# Conclusion

**Develop a desire to pray** and let the Spirit fill you with living water without end.

**Develop a life of dependence on God.** Decide to not trust in our own understanding but give attention and priority to God's revealed word.

**Develop a habit of praying in all circumstances.** God wants us to be full of joy. He wants us to pray at all times and to give him thanks. This is how those who are in Christ Jesus should live.

**Develop a life that prays according to God's will.** God invites us to bring our honest desires before Him. We can tell Him exactly what we hope for, fear, or long to see happen.

**God is love – our one and only response is to return that love using one of his own precious gifts to us – prayer.**