

The Holy Spirit and Prayer

*September 7, 2025,
Prepared by Sean Tavakoli*

OPENING PRAYER

Ask God to open your hearts and minds to understand more about the Holy Spirit and His work in our lives.

KEY TAKE AWAYS

1. Prayer starts with identity, not words. We approach God as His children.
2. We need both a rhythm (scheduled time) and relationship (spontaneous communication) with God in our prayer life.
3. The Holy Spirit helps us pray, even when we don't know what to say.
4. Shame can hinder our prayer life, but God's love and grace overcome our shame

QUESTIONS

1. How does understanding your identity as God's child change your approach to prayer?
2. Pastor Sean mentioned having both a rhythm and relationship in prayer. Which aspect do you find easier? Which is more challenging for you?
3. Share a time when you felt the Holy Spirit helping you pray or giving you words when you didn't know what to say.
4. How has shame affected your prayer life in the past? How can we overcome shame and draw closer to God through prayer?
5. The sermon mentioned three questions to ask throughout your day: Where is God moving? What is God saying? What is God teaching me? How might regularly asking these questions impact your daily life?
6. Pastor Sean suggested starting with 2 minutes of audible prayer daily. What are some practical ways you can implement this in your routine?

PRACTICE

1. Set a daily prayer appointment: Choose a specific time and place for prayer this week.
2. Prayer journaling: Write your prayers to God, then read them aloud.
3. Practice spontaneous prayer: Throughout the day, consciously talk to God about what you're experiencing.
4. Shame-busting exercise: When you feel shame, use it as a prompt to pray instead of withdrawing from God.
5. Group prayer: Spend time praying together as a small group, practicing being vulnerable and bold in your prayers.

CLOSING PRAYER

Thank God for His desire to communicate with us. Ask the Holy Spirit to help each group member develop a more engaging prayer life in the coming week.

SCRIPTURE MEDITATION

Acts 4:23-

SCRIPTURE READINGS

Jude 1:20–21

20 But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit,
21 keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.

Matthew 6:9

9 "This, then, is how you should pray:
'Our Father in heaven,
hallowed be your name...'

Matthew 6:6

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.

1 Thessalonians 5:16–18

16 Rejoice always,
17 pray continually,
18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Romans 8:26–27

26 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 through wordless groans.
27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

Acts 4:23-31

23 On their release, Peter and John went back to their own people and reported all that the chief priests and the elders had said to them. **24** When they heard this, they raised their voices together in prayer to God. "Sovereign Lord," they said, "you made the heavens and the earth and the sea, and everything in them."
25 You spoke by the Holy Spirit through the mouth of your servant, our father David: "'Why do the nations rage and the peoples plot in vain? **26** The kings of the earth rise up and the rulers band together against the Lord and against his anointed one. **27** Indeed Herod and Pontius Pilate met together with the Gentiles and the people of Israel in this city to conspire against your holy servant Jesus, whom you anointed. **28** They did what your power and will had decided beforehand should happen. **29** Now, Lord, consider their threats and enable your servants to speak your word with great boldness. **30** Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.'" **31** After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

Luke 15:11-24

11 Jesus continued: "There was a man who had two sons.
12 The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them.
13 Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living.
14 After he had spent everything, there was a severe famine in that whole country, and he began to be in need.
15 So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs.

16 He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

17 When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death!

18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you.

19 I am no longer worthy to be called your son; make me like one of your hired servants.'

20 So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

21 The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'

22 But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet

23 Bring the fattened calf and kill it. Let's have a feast and celebrate.

24 For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.