

**Ephesians 6:18**  
**“Spiritual Warfare Pt. 5”**  
**“Praying Always in the Spirit”**

**Introduction**

**Eph 6:18**

18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

**I. Praying Always**

**Eph 6:18**

18 **praying always** with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

**A. Praying Always or Unceasing Prayer:**

– literally, “in all time”, or, “on every occasion”

**“With all prayer”** reminds you there are many and varied ways to pray.

**Prayer can be:**

- Confession
- Adoration
- Thanksgiving
- Petition
- Intercession.
- It can be verbal or nonverbal
- If you have the gift of tongues it can be incomprehensible to you
- We may pray publicly or privately
- In loud cries, in soft whispers, or silently
- Deliberately and planned or spontaneously
- While sitting, standing, kneeling, or even lying down
- At home or in church;
- While working or while traveling
- With hands folded or raised
- With eyes open or closed
- With head bowed or erect
- The New Testament, like the Old, mentions many forms, circumstances, and postures for prayer but prescribes none.

Jesus prayed while standing, while sitting, while kneeling, and quite probably in other positions as well.

**Conclusion on this:** “We can pray wherever we are and in whatever situation we are in”.

### **The Bible tells us that God is always with us.**

- Jesus said, "...and ***lo, I am with you always, even to the end of the age.***" (Matt 28:20)
- And if God is with us all the time, we ought to think about talking with Him. Paul wrote, "**pray without ceasing**" (1 Thes. 5:17)

#### **Story:** (Brother Lawrence)

Several hundred years ago there was a French priest named Brother Lawrence who put together a small little collection of teachings called "*The practice of the presence of God*". He wrote, "among the pots and pans and things..."

"Pray remember what I have recommended to you, which is to think often on God, by day, by night, in your business, and even in your diversions. He is always near you and with you; leave Him not alone. You would think it rude to leave a friend alone who came to visit you; why, then, must God be neglected? Do not, then, forget Him, but think on Him often, adore Him continually, live and die with Him; this is the glorious employment of a Christian. In a word, this is our profession; if we do not know it, we must learn it."

"The time of business does not differ with me from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were on my knees."

- **There is a sense in which we all need to learn to have that constant conversation going on in our hearts to God.**
- **I think the more we "practice" this, learning the value of God's presence with us, it will change a great many things in us.**

#### **B. Always and All**

In context and to point out four things about prayer, each of them beginning with "**Always** and/or **ALL**"

##### **Eph 6:18**

praying **always** with **all** prayer and (*all*) supplication in the Spirit, being watchful to this end with **all** perseverance and (*all*) supplication for **all** the saints—

**"Praying always" means both regularly and constantly:**

- **Regular prayer** - would be specific times you are able to set aside your other activities to only pray.
- **Constant prayer** - means a readiness to direct your words heavenward throughout the day, even if only for a brief moment.

<b>II. With all prayer – Supplication, Perseverance and being watchful</b>
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##### **Eph 6:18**

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### A. With All Prayer

This is a “*redundant*” statement, “**Praying always**”, and then to say, “**With all prayer**”. The point being made is an emphatic point!

Let’s say it again!

- Praying always...
- With all Prayer....

### B. Supplication

The Greek word, “*deesis*” – out of need, a seeking, asking, entreating and usually for specific requests.

### C. Perseverance

The Greek word, “*proskarteresis*” (“toward” + “strong”) – from *proskartereo* – to continue all the time in a place; to persevere and not to faint; to show one’s self courageous for; to be in constant readiness for one, wait on constantly, to pay constant attention to.

- There is no furlough in the spiritual warfare.
- You’re not at war only when you’re on the mission field or involved in some ministry.
- Your enemy is constantly plotting against you at home, at work, and everywhere else you are in his world.

**Give attention for a moment while I expound about this attribute of “Persistence”:**

**Perseverance in Prayer by story in the Old Testament is a constant:**

**Exodus 17:8-14** (Moses, possible 1<sup>st</sup> scripture ever written)

8 Now Amalek came and fought with Israel in Rephidim. 9 And Moses said to Joshua, "Choose us some men and go out, fight with Amalek. Tomorrow I will stand on the top of the hill with the rod of God in my hand." 10 So Joshua did as Moses said to him, and fought with Amalek. And Moses, Aaron, and Hur went up to the top of the hill. 11 And so it was, when Moses held up his hand, that Israel prevailed; and when he let down his hand, Amalek prevailed. 12 But Moses' hands became heavy; so they took a stone and put it under him, and he sat on it. And Aaron and Hur supported his hands, one on one side, and the other on the other side; and his hands were steady until the going down of the sun. 13 So Joshua defeated Amalek and his people with the edge of the sword. 14 Then the LORD said to Moses, "**Write this for a memorial in the book** and recount it in the hearing of Joshua, that I will utterly blot out the remembrance of Amalek from under heaven."

**It is a wrong mindset to have an easy “believism”. That is, to think if there be any strain or a labor to serving the Lord, it must not be of God.**

**Yet, we see Moses, Aaron and Hur, in intense strain and labor, for the lives to be saved and the battle to be won.**

**1 Kings 18:41-45** (Elijah)

41 Then Elijah said to Ahab, "Go up, eat and drink; for there is the sound of abundance of rain." 42 So Ahab went up to eat and drink. **And Elijah went up to the top of Carmel; then he bowed down on the ground, and put his face between his knees,** 43 and said to his servant, "Go up now, look toward the sea."

So he went up and looked, and said, "There is nothing." And **seven times** he said, "Go again."

44 Then it came to pass the seventh time, that he said, "There is a cloud, as small as a man's hand, rising out of the sea!" So he said, "Go up, say to Ahab, 'Prepare your chariot, and go down before the rain stops you.'"

45 Now it happened in the meantime that the sky became black with clouds and wind, and there was a heavy rain.

**James 5:16-18**

The effective, fervent prayer of a righteous man avails much. 17 Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. 18 And he prayed again, and the heaven gave rain, and the earth produced its fruit.

**II Kings 13:14-19** (Elisha)

"O my father, my father, the chariots of Israel and their horsemen!"

15 And Elisha said to him, "Take a bow and some arrows." So he took himself a bow and some arrows.

16 Then he said to the king of Israel, "Put your hand on the bow." So he put his hand on it, and Elisha put his hands on the king's hands.

17 And he said, "Open the east window"; and he opened it. Then Elisha said, "Shoot"; and he shot. And he said, "The arrow of the LORD'S deliverance and the arrow of deliverance from Syria; for you must strike the Syrians at Aphek till you have destroyed them." 18 Then he said, **"Take the arrows"; so he took them. And he said to the king of Israel, "Strike the ground"; so he struck three times, and stopped. 19 And the man of God was angry with him, and said, "You should have struck five or six times; then you would have struck Syria till you had destroyed it! But now you will strike Syria only three times."**

**Gen 32:24-30** (Jacob)

24 Then Jacob was left alone; and a **Man wrestled with him until the breaking of day.** 25 Now when He saw that He did not prevail against him, He touched the socket of his hip; and the socket of Jacob's hip was out of joint as **He wrestled with him.** 26 And He said, "Let Me go, for the day breaks." But he said, **"I will not let You go unless You bless me!"** 27 So He said to him, "What is your name?" And he said, "Jacob." 28 And He said, "Your name shall no longer be called Jacob, but Israel; for you have struggled with God and with men, and have prevailed." 29 Then Jacob asked, saying, "Tell me Your name, I pray." And He said, "Why is it that you ask about My name?" And He blessed him there. 30 And Jacob called the name of the place Peniel: "For I have seen God face to face, and my life is preserved."

**It wasn't until He wrestled with God all night, did Jacob see God face to face and was changed.**

**Perseverance in Prayer was Jesus' main theme in talking about Prayer:**

**Luke 11:1** (At the end of Jesus' ministry and the 2<sup>nd</sup> time He taught this)

1 Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "**Lord, teach us to pray**, as John also taught his disciples."

**Luke 11:5-13**

5 And He said to them, "Which of you shall have a friend, and go to him at midnight and say to him, 'Friend, lend me three loaves;6 for a friend of mine has come to me on his journey, and I have nothing to set before him';7 and he will answer from within and say, 'Do not trouble me; the door is now shut, and my children are with me in bed; I cannot rise and give to you'?8 I say to you, though he will not rise and give to him because he is his friend, yet because of his persistence he will rise and give him as many as he needs.

9"So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.10 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.11 If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish?12 Or if he asks for an egg, will he offer him a scorpion?13 If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!"

**Luke 18:1-8** (Parable of the Persistent widow who needed legal protection)

Then He spoke a parable to them, that men always ought to pray and not lose heart,2 saying: "There was in a certain city a judge who did not fear God nor regard man.3 Now there was a widow in that city; and she came to him, saying, 'Get justice for me from my adversary.'4 And he would not for a while; but afterward he said within himself, 'Though I do not fear God nor regard man,5 yet because this widow troubles me I will avenge her, lest by her continual coming she weary me.'" 6 Then the Lord said, "Hear what the unjust judge said.7 And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them?8 I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?"

**Matt 15:21-28** (The women of Tyre whose daughter was demon possessed)

21 Then Jesus went out from there and departed to the region of Tyre and Sidon. 22 And behold, a woman of Canaan came from that region and cried out to Him, saying, "Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed." 23 But He answered her not a word. And His disciples came and urged Him, saying, "Send her away, for she cries out after us." 24 But He answered and said, "I was not sent except to the lost sheep of the house of Israel." 25 Then she came and worshiped Him, saying, "Lord, help me!" 26 But He answered and said, "It is not good to take the children's bread and throw it to the little dogs." 27 And she said, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table." 28 Then Jesus

answered and said to her, "O woman, great is your faith! Let it be to you as you desire." And her daughter was healed from that very hour.

1. She had a stubborn faith, although Jesus ignored her she stayed near and persisted.
2. Jesus seemingly rejected her.
3. She came back with faith and said, "even the little puppies get the crumbs after words"
4. Jesus said, "Woman, great is your faith! I haven't seen such Faith in all Israel!"

#### **D. Being Watchful**

"Watchful" means sleepless or to lie awake.

One of satan's jobs is to keep us distracted that we would not pray, this is his demonic plan to keep you from victory over that evil one.

#### **Jesus told us:**

##### **Matt 24:40-42**

40 "Then two men]will be in the field: one will be taken and the other left.

41 "Two women will be grinding at the mill: one will be taken and the other left.

42 "**Watch therefore**, for you do not know what hour your Lord is coming.

##### **Matt 25:13**

13 "**Watch therefore**, for you know neither the day nor the hour in which the Son of Man is coming.

##### **Matt 26:40-41**

40 Then He came to the disciples and found them sleeping, and said to Peter, "What? **Could you not watch with Me one hour?**

41 "**Watch and pray**, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

#### **Paul told us:**

##### **1 Thes 5:4-6**

4 But you, brethren, are not in darkness, so that this Day should overtake you as a thief. 5 You are all sons of light and sons of the day. We are not of the night nor of darkness. 6 Therefore let us not sleep, as others do, but **let us watch and be sober.**

#### **Peter told us:**

##### **1 Peter 5:8**

8 Be sober, be vigilant (***or to watch***) ; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

**1 Peter 4:7**

7 But the end of all things is at hand; therefore be serious and **watchful in your prayers.**

Jesus, Paul and Peter all told us that in the the “Last Days Believers” that is “Us”, (in particular), need to be “Watchful” in our Prayers!!!

**III. In the Spirit****Eph 6:18**

18 praying always with all prayer and supplication **in the Spirit**, being watchful to this end with all perseverance and supplication for all the saints—

**Praying “in the Spirit” means:**

- To depend upon the Holy Spirit to guide you into specific requests.
- That the Holy Spirit gets our hearts in harmony with God’s purposes and thereby we are able to know God’s will and pray accordingly.

**Rom 8:26-27**

26 Likewise **the Spirit also helps in our weaknesses.**

For **we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us** with groanings which cannot be uttered.

27 Now **He who searches the hearts knows what the mind of the Spirit** is, because **He makes intercession for the saints according to the will of God.**

**1 John 5:14-15**

14 Now **this is the confidence that we have in Him**, that **if we ask anything according to His will, He hears us.**

15 And **if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.**

**IV. For all the saints****Eph 6:18**

18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication **for all the saints**—

**Quote:** (Guzik)

“We can battle spiritually not only on our own behalf, but also on the behalf of others. The soldier isn’t only concerned for his or her own safety. He feels an instinct to protect and go to battle on behalf of *others*”.

**Conclusion**

1. Prayer is powerful—it’s the deciding factor in spiritual warfare
2. Satan seeks to disarm Christian soldiers of prayer, because he knows that **“the effectual, fervent prayer of a righteous man avails much!”** (James 5:16)
3. “Christian soldiers march forward on their knees.”

## **There are so many insightful and encouraging Scriptures to help us Pray!**

### **Gal 6:9**

9 And **let us not grow weary while doing good**, for in due season **we shall reap if we do not lose heart**.

### **James 4:2**

2 Yet you do not have **because you do not ask**. (Maybe got discouraged and slacked off in prayer)

### **Heb 11:6**

6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a **rewarder of those** who **diligently seek Him**.

### **Eph 3:20**

20 Now to Him who is able to do **exceedingly abundantly above** all that we ask or think, according to the power that works in us,

### **Matt 7:8**

8 "For **everyone** who asks receives, and he who seeks finds, and to him who knocks it will be opened.

### **Jer 33:3**

3 **Call to Me, and I will answer you**, and show you great and mighty things, which you do not know.'

### **Mark 11:22-24**

22 So Jesus answered and said to them, "**Have faith in God**." 23 For assuredly, I say to you, **whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says**.

24 Therefore I say to you, **whatever things you ask when you pray, believe that you receive them, and you will have them**.

### **John 14:13-14**

13 "And whatever you ask in My name, **that I will do**, that the Father may be glorified in the Son. 14 **If you ask anything in My name, I will do it**.

### **John 15:16**

16 "You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that **whatever you ask the Father in My name He may give you**.

**Jer 33:3** Call unto Me and I will answer thee and show thee great and mighty things...

**Ps 50:15** Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me

### **Quotes:**

- "Those strong in Faith make Prayer 1<sup>st</sup> priority", but those who are weak in Faith make prayer their last thought".
- "With God we are a majority"
- "God is on the throne, we are at His footstool, only a knees distance away"