DEEPER IN PRAYER

Praying in the Spirit, Walking in Obedience, and Aligning with God's Will

Main Scripture:

> "Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us."
> — 1 John 5:14

PART 1: UNDERSTANDING THE PURPOSE OF PRAYER

Prayer is more than presenting requests to God. Prayer is fellowship with Him. Through prayer, we worship, confess, surrender, listen, intercede, express our dependence, and allow our hearts to become aligned with His will.

Read: Matthew 6:9–13

Jesus gave His disciples a pattern for prayer.

Identify what each part teaches us:

"Our Father in heaven"

What does this teach me about my relationship with God?

“Hallowed be Your name”

How can I honor and worship God before presenting my requests?

“Your kingdom come”

Am I seeking God’s purposes or primarily asking Him to fulfill my plans?

“Your will be done”

Is there an area where I am struggling to surrender my desired outcome?

“Give us this day our daily bread”

What need must I trust God to provide rather than relying only upon myself?

“Forgive us our debts”

Is there anything I need to confess or turn away from?

“As we forgive our debtors”

Is there anyone I need to forgive or release to God?

“Lead us not into temptation, but deliver us from the evil one”

Where do I need God’s strength, protection, wisdom, or deliverance?

PART 2: WHAT DOES IT MEAN TO PRAY IN THE SPIRIT?

Read: Ephesians 6:18

> “Praying always with all prayer and supplication in the Spirit…”

Read: Jude 20

> “…praying in the Holy Spirit.”

Praying in the Spirit means praying under the guidance, influence, and direction of the Holy Spirit. The Holy Spirit helps shape our desires, motives, understanding, and requests according to God’s will.

Praying in the Spirit is not merely speaking from our emotions or repeating words. It is approaching God with a yielded heart while allowing the Holy Spirit and the Word of God to guide our prayers.

Personal Reflection

Before studying this lesson, what did I believe “praying in the Spirit” meant?

What new understanding have I gained?

When I pray, do I allow time for the Holy Spirit to convict, redirect, or change my perspective?

□ Often

□ Sometimes

□ Rarely

□ I would like to grow in this area

Explain:

PART 3: THE HOLY SPIRIT HELPS US PRAY

Read: Romans 8:26–27

Complete the statements:

“The Spirit also helps in our _____.”

“We do not know what we should _____.”

The Spirit makes _____ for us.

The Spirit intercedes according to the _____ of God.

Reflection

Describe a situation in which you did not know what or how to pray.

How does Romans 8:26–27 encourage you?

Write a simple prayer of surrender:

“Holy Spirit, I do not fully understand _____

but I surrender this situation to You. Help me pray according to the Father’s will.”

PART 4: THE WORD OF GOD SHAPES OUR PRAYERS

Read: John 15:7

> "If you abide in Me, and My words abide in you, you will ask what you desire…"

According to this verse, what comes before asking?

Why is it important for Christ's words to abide in us?

How can regular Bible study transform the things for which we pray?

Personal Application

Choose one Scripture that relates to something you are currently praying about.

Scripture:

What does this passage reveal about God's character, His will, or my responsibility?

How can I turn this Scripture into a prayer?

PART 5: PRAYER AND OBEDIENCE

Read:

- John 15:10
- 1 John 3:22
- Psalm 66:18
- Proverbs 28:9
- James 4:3

Answer the following:

According to John 15:10, how is obedience connected to abiding?

According to 1 John 3:22, what describes the life of the person who prays?

According to Psalm 66:18, what can hinder our fellowship with God?

According to James 4:3, how can our motives affect our prayers?

Important Truth

Obedience does not earn answers from God, nor does it place God in our debt. Obedience is the fruit of faith and love. As we walk closely with Christ, our hearts become increasingly aligned with His heart, and our desires begin to reflect His purposes.

Heart Examination

Ask the Holy Spirit:

> "Search me, O God, and know my heart…"
> — Psalm 139:23

Is there something God has already instructed me to do that I have delayed or resisted?

Is there a sin I have been excusing rather than confessing and turning away from?

Are my actions consistent with what I am asking God to do?

What is one act of obedience God may be asking of me?

PART 6: EXAMINING MY MOTIVES

Read: James 4:1–3

Before presenting a request to God, ask:

□ Will this bring glory to God?

□ Does this agree with Scripture?

□ Is this motivated by love?

□ Am I seeking God's kingdom or only my comfort?

□ Am I willing to accept a different answer?

□ Am I willing to obey God while I wait?

Choose one current prayer request:

Why do I desire this?

Could fear, pride, control, jealousy, selfish ambition, or personal comfort be influencing this request?

How could this request be surrendered more fully to God?

PART 7: ALIGNING MY WILL WITH GOD'S WILL

Read: Luke 22:39–46

Jesus prayed:

> "Nevertheless not My will, but Yours, be done."
> — Luke 22:42 (NKJV)

Did Jesus honestly express what He desired?

Did surrender mean that Jesus lacked faith?

What does His prayer teach us about true faith?

Personal Reflection
Complete the statement:

“Lord, I desire _____,

but more than receiving the outcome I desire, I want _____

_____.”

What outcome am I finding difficult to release?

Can I trust God if His answer is:

□ Yes

□ No

□ Wait

□ Something different

Explain:

PART 8: LEARNING TO LISTEN

Prayer is not only speaking. We should also make room to become quiet before God, meditate upon Scripture, and allow the Holy Spirit to bring conviction, wisdom, truth, or direction to our hearts.

God's Spirit will never lead us contrary to God's written Word.

Quiet Reflection

Spend several minutes in silence after reading Scripture.

What truth from Scripture stood out to me?

Did the Holy Spirit reveal an attitude that needs correction?

Was I reminded of someone for whom I should pray?

Is there an action I need to take?

PART 9: MY CURRENT PRAYER LIFE

How would I describe my prayer life today?

□ Consistent

□ Growing

□ Mostly focused on requests

□ Deep and relational

□ Distracted

□ Inconsistent

□ Spirit-led

□ In need of renewal

What is one strength in my prayer life?

Where do I desire greater growth?

Do I spend more time asking God to change my circumstances or inviting Him to transform me?

Do I seek God's presence even when I do not need an immediate answer?

PART 10: PERSONAL APPLICATION

Based on this study, identify one practical step in each area.

Worship

This week I will:

The Word

I will allow Scripture to guide my prayers by:

Surrender

I will place this situation into God's hands:

Obedience

One step of obedience I will take is:

Intercession

God has placed this person or group on my heart:

Listening

I will create quiet time before God by:

Thanksgiving

Each day I will thank God for:

PART 11: MY PRAYER ALIGNMENT PLAN

Complete the following:

A truth I learned:

A conviction I received:

An attitude I need to surrender:

A Scripture I will meditate upon:

An act of obedience I will practice:

A prayer I will continue bringing before God:

FINAL REFLECTION

How has this study changed my understanding of prayer?

What does praying in the Spirit now mean to me?

How are prayer, Scripture, surrender, and obedience connected?

What would change if my primary desire in prayer became alignment with God rather than receiving my preferred outcome?

CLOSING PRAYER

Father, thank You for inviting me into fellowship with You. Teach me to pray according to Your heart and not merely according to my own desires. Fill me with Your Word so that it may shape my thoughts, motives, and prayers.

Holy Spirit, help me in my weakness. Guide me when I do not know what to pray. Search my heart, reveal anything that is not pleasing to You, and lead me into truth. Help me not only to hear Your Word but also to obey it.

Lord, I surrender my plans, desires, expectations, and unanswered prayers to You. Teach me to say as Jesus did, “Nevertheless not my will, but Yours, be done.” May my prayers seek Your kingdom, honor Your name, and accomplish Your purposes.

Help me abide in Christ, walk in obedience, remain faithful while I wait, and trust Your wisdom even when Your answer differs from what I desire. Align my thoughts, my words, my actions, and my will with Yours.

In Jesus’ name, amen.