

*Series: A Spirited Life, #8*  
The Spirit of Prayer  
Romans 8:22-27, Ephesians 6:18

The apostle Paul states that the Holy Spirit helps us in our weakness, in prayer. In what way/s does your prayer life feel weak?

Do you share Paul's frustration: at certain times you feel you need to pray, but do not know what you should pray for?

Intercede means to intervene on behalf of another, to step in and change things. It is a comfort to know that through prayer, the Holy Spirit steps in and brings change in your life?

If we are a people of prayer, how do we intercede for others? Not just asking, how do we step in and help them see healthy change?

Is it encouraging to you that God searches your heart? Why do we seem to naturally fear someone knowing our intimate thoughts?

If this week has brought no other motive for praise in your life, at least praise God for this amazing truth: the Spirit intercedes for God's people in accordance with the will of God.

Read **Ephesians 6:18**, and write your plan to live that out this week.

Pray **Psalm 139:23-24** daily this week.

**Romans 8:26-27** 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. 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.

**Ephesians 6:18** Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

**Psalm 139:23-24** Search me God, and know my heart, test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

"Some people pray just to pray, and some people pray to know God."  
*Andrew Murray*