

Agape House of Worship  
Wednesday Bible Study

Study Series: Standing Strong in Spiritual Battles  
Part 8: Standing Strong in Spiritual Battles –**Praying in the Spirit**

Wednesday, March 19, 2025  
Teacher: Pastor Yewande Efodili

Text: Eph.6:18 ***“Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.”*** NKJV

**Introduction:** In the past few weeks we have been learning how to stand strong in spiritual battles that believers face using the weapons or armor of God as mentioned by apostle Paul in Eph.6:10-18. Today we shall be looking at a secret weapon of spiritual warfare upon which all the armor of God stands on. **Praying always in the Spirit** emphasizes the importance of **consistent, Spirit-led prayer** as part of the believer’s spiritual armor. **Prayer is not listed as a separate piece of armor, but it is the key that activates and strengthens all the armor.** Just as a soldier in battle stays in **constant communication** with their commander, a believer must remain in **continuous connection** with God through prayer.

If we think that prayer is important, why does prayer seem to be a struggle? Why do so many feel their prayers are powerless?

According to Paul the answer to this is Ephesians 6:18. Praying at all times in the Spirit.

This is a reminder that the battle is spiritual and must be fought in God’s strength, depending on the word and on God through Prayer.

*“The power of your prayer life isn’t rooted in your eloquence or even your determination; the power of your prayer life is in the Holy Spirit.”* By Alan Wright

*What does it mean to pray in the spirit?* What is the difference if any between praying in the Spirit and speaking/praying in tongues?

Praying in the spirit generally refers to a form of **prayer that is led and inspired by the Holy Spirit**; it emphasizes a deep, spiritual connection with God during prayer. Matt.26:39 (Jesus’s prayer @ the garden of Gethsemane)  
This Prayer is not an occasional practice but a **continuous, Spirit-led conversation with God** that strengthens believers and the Church. This prayer is a journey and must be practiced and learn. We must learn to seek and stay there in the spirit.

In the Bible praying "in the Spirit" refers to praying according to the Spirit's leading, not necessarily in tongues, this is exemplified by passages like Ephesians 6:18 and Romans 8:26, which emphasize the Spirit's role in interceding for us with groans that words cannot express.

- Ephesians 6:18: *"And 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 saints."*
- Romans 8:26: *"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 with groans that words cannot express."*
- Jude 20: *"But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit."*
- 1 Corinthians 14:15: *"So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but I will also sing with my mind."*

### **Understanding Praying in the Spirit:**

- Praying in the Spirit means praying according to the Spirit's leading, not just praying in a specific language or manner.
- It's about allowing the Spirit to guide our prayers and desires, even when we don't know what to pray for. The Spirit intercedes for us with "groans that words cannot express," demonstrating His powerful and effective intercession.
- Prayer should not be an afterthought for believers, but rather their primary source of strength.
- 1 Corinthians 14:15 (*"So what shall I do? I will pray with my spirit, but I will also pray with my understanding; I will sing with my spirit, but I will also sing with my understanding."*) the broader context here is that praying in

the Spirit is about the Spirit's influence on our prayers, not necessarily the language used. This verse indicated that praying in the spirit does not negate our understanding, instead it enhances it.

- Allowing the Spirit to direct our prayer.
- It is a prayer of Faith. Our faith is built up when we pray in the spirit. Jude 20.
- When we pray in the spirit we are identifying with God as His children. Gal.4:6-7 This brings intimacy with God.

There are many things we are called to do in the spirit, the commands to pray in the Spirit are not unique. They're part of the whole Christian life, which is to be lived in the Spirit; the way we live our life impacts our prayer life.

**Everything we do is to be done in or by the Spirit.**

For example:

Galatians 5:16: *Walk in the Spirit.*

Philippians 3:3: *Worship in the Spirit.*

1 Corinthians 14:16: *Give thanks in the Spirit.*

*"Since we live by the Spirit, let us keep in step with the Spirit."* Galatians 5:25 NIV

Galatians 6:1: *Restore a wayward brother in the Spirit.*

**Forms of praying in the Spirit:** Cultivating a Spirit led Prayer life

- Praying God's Word; aligning our prayers with God's revealed word. Eph.6:17
- Listening to God and praying. By acknowledging our need for God's help in Prayer and waiting to hear what He will say to us. This is a 2-way communication; we speak and listen.
- Partnering in prayer with Christ, who is our Intercessor. Rom.8:34 Praying for others.
- Praying the God-given desires of your heart. Phil.4:6
- Praying with divine love: Approaching prayer with the understanding that God's love is the foundation of all things. Heb.4:16. *"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need"*.
- Persistence: Luke 18:1 "Men ought to pray always and not faint"

Our prayer lives come to life when we are empowered by the Spirit. And that's the Gospel! Acts 20:22-23, Ps.94:19, Acts 16:6.

**Prayer as a Weapon of Warfare:** Prayer is a secret weapon of spiritual warfare and it helps Christians fight against Satan's attempts to keep people from knowing God. As in every warfare, there are defensive and offensive weapons in Spiritual warfare; while the Helmet, shield, breastplate are all defensive weapons; The sword (word) and Prayer are the only 2 offensive weapons in this battle.

In Prayer:

- We fight against Satan's attempt to keep people from knowing God, we fight Powers and Principalities in High Places. Eph.6:12-13, 2 Cor.10:3-5
- Prayer helps keep spiritual armor strong: Prayer is the tool that sharpens all the 6 armor of God.
- We use the sword of the spirit to engage spiritual resources given us in order to defeat the enemy.
- We recognize and resist spiritual attacks. Our spiritual sensitivities are heightened and visions are opened to see what goes on in the spirit.
- We receive God's intervention: e.g. Daniel; we receive divine reinforcement; angels are released to intervene.

What does '**being watchful**' mean? 1 Peters 5:8

- Vigilant or alert, to be spiritually attentive and prepared. Matt.26:41 (Jesus won the battle but Peter lost) Peter however was sleeping instead of praying. When Jesus came back to where Peter and the disciples were, he said, "Peter, are you asleep? Watch and pray lest you enter into temptation." Jesus won His battle, but Peter lost his.
- Spiritual alertness: Awareness of God's presence. (Jacob) Gen.28:16 "Surely the Lord is in this place, and I was not aware of it".
- Attentiveness to spiritual influences: Been aware of spiritual forces at work and or enemy's intention to deceive or distract.

**Conclusion:**

Don't just pray but pray in the Spirit always with all manners of prayer and supplication with **perseverance**. Don't feel discouraged if it seems challenging at first, stay there, keep on praying, keep seeking until you're there with the father.