

Life Group Notes

Sunday 22nd May 2022

Speaker: David Mosimabale

Title: Praying in the Spirit (and Fasting)

Passage: Various

Our salvation is by the spirit of God. He convicted us, we believed, and decided to follow Jesus. Similarly, if we got into the kingdom by the Spirit, then everything we should do in this kingdom should be by the spirit, even praying. So, what is prayer?

For the Christian, Prayer is a dialogue with God not a monologue, where we commune with God in a two-way spiritual relationship where we talk to God and listen to Him. It involves having a conversation, chat, interchange, and discourse with God.

What is praying in the Spirit? Ephesians 6:18

1. Praying in the Spirit is having dialogue, conversation, talk, chat, interchange, and discourse with the Holy Spirit. Even though he is a spirit without a body, he is also a person we can build a relationship with. Praying in the Spirit is communing with the Holy Spirit about the things he places in our hearts. It is about him and not about us; it is about his purposes and his kingdom
2. Is praying the word of God, praying scriptures as revealed by the spirit of God.
3. Praying in the Spirit is not just speaking in tongues, although it is part of it
4. Praying in the Spirit is praying according to the will of God. His sovereign will and his specific will for our lives.
1 John 5:14
5. Praying in the Spirit is listening to the promptings of the spirit and praying about the things he places in our heart.
6. Praying in the Spirit is Speaking in tongues. 1 Corinthians 14:2 Jude 1:20

What is fasting?

Fasting is giving up food, TV, Phone, and etc., for a period to focus our thoughts and prayers on God.

Why do we pray in the spirit?

1. To overcome weakness and tiredness. Romans 8:26 - 27
2. Not to pray with the wrong motive. James 4:3
3. He helps us to be effective in our prayers because we pray according to the will of God
4. He gives us life

Why do we fast? Read Isaiah 58:6 -9a

1. To remove the distractions and allow us focus on God in prayers and his word
2. To lose the bonds of wickedness, unlock chains and break yoke
3. To become more hospitable
4. To shine as light

As a community of believers, when we pray in the Spirit:

1. God's presence in our midst is assured when we gather (Matthew 18:20)
2. We grow stronger (Psalm 84:7)
3. We share each other's burden (Galatians 6: 1-3)
4. We encourage and motivate one another. Hebrews 10:22-25
5. Death gives way to life. Hebrews 12:22

Questions

1. What did you hear on Sunday that was a good reminder?
2. Share testimonies to encourage one another of times when you pray/fast in the Spirit
3. How are you going to lean into the community of the Spirit?
4. Spend time to pray in the Spirit for one another/church/any other thing the Spirit lays in your heart

