



HERE WE ARE TO WORSHIP

A gift for prayer: *how the Holy Spirit helps us pray*
Small Group Study, week commencing 20th February 2023

For starters

Which of these is the biggest challenge for you in prayer and why?

Distractions, listening, finding the time, motivation, doubt, focus.

Study

Read [Romans 8:26-27](#).

Paul is writing to the Roman Christians and in chapter 8 he reminds the believers that they have life through the Spirit and that this same Spirit helps them in their sufferings and their weaknesses.

1. What do we learn from these verses about how the Holy Spirit helps us to pray?
2. How does it change how we view prayer to consider that the Holy Spirit intercedes for us?

Read [Ephesians 6:18](#) and [Jude 1:20](#).

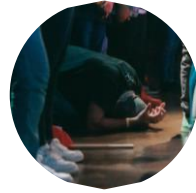
3. What might it mean to 'pray in the Spirit'?
4. Ellen used some personal examples of how she allows the Holy Spirit to lead her praying including:

- prayer times with no agenda and seeing where it leads
- listening for nudges and promptings
- praying in tongues
- active listening in the silence

Do any of these resonate with you or do you have other examples to share?

Read [1 Corinthians 14:1-5](#).

Paul encourages the believers to speak in tongues (v1, v5) and he reminds them that this is a prayer language (v2) and is for personal edification (v4).



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5. This is the only gift given for personal benefit - all other gifts are for the service of others. Why is this gift a blessing to us and how can it help us?

Prayer

Pray together however feels appropriate after your discussions. You might want to spend some time in active, listening prayer together and share what God might be saying. And to pray that we would all receive whichever grace gifts God wants to give.