

C O M E

Holy Spirit

SIMPLE PRACTICES FOR PARTNERING
WITH THE HOLY SPIRIT

PRACTICE: PRAYING IN THE SPIRIT

“Well then, what shall I do? **I will pray in the spirit**, and I will also pray in words I understand. I will sing in the spirit, and I will also sing in words I understand.”

1 Cor. 14:15

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Introduction

Jesus told his followers that it was better that He was going to the Father because the Holy Spirit would come and reveal to them, and even to us, what “the Father is saying and doing”. Jesus lived life and did ministry in the power of the Holy Spirit. Now, He invites us to do the same. The Come, Holy Spirit Practice Series is a set of simple practices to help ANYONE become familiar with the Holy Spirit and learn to “partner” with him in everyday life... just as Jesus did.

How To Use These Practices

This series contains ten practices related to partnership with the Holy Spirit in everyday life. Each prompt/practice contains an intro, a Scripture, a suggested practice exercise, things to notice, and journal space in which to document your experience with that specific practice.

Participants can spend as much time on one practice as they feel is appropriate.

These practices are personal. They are also short enough to be shared and interacted with in any type of group setting.

The important thing is for anyone who desires to grow in life with the Holy Spirit to feel free to work through these practices and learn her/his rhythm with the Holy Spirit - everyday.

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Intro:

The purpose of this practice is to cultivate a personal connection between you and prayer and the Holy Spirit. Praying in the Spirit isn't limited to praying in an unknown language. Praying in the Spirit is a free flow of prayer – asking the Spirit to guide the words or even the lack of words. It may happen in song, humming, in your native language or another, or even with body movement.

Prompt:

Settle yourself in a private area. Take a few breaths to calm your body and brain. Open your hands, palms up, into a position of receiving. Gently pray, “Come, Holy Spirit... help me to pray in the Spirit.” Then wait. Notice what goes through your head to pray. Begin to pray the words, phrases and even sounds that come into your brain. Resist analyzing whether your prayers are “good” or “sound right”. Notice if a freedom is present to “flow” with your thoughts. Notice a freedom from worrying about how or what you pray. Notice if there is the urge to utter sounds and syllables that are totally new. Start with 10 or 15 minutes and continue many times throughout several weeks. Think of questions or prayers you have for specific needs/people and practice praying in the Spirit for those things.

Things to Notice: Markers of Praying In the Spirit

- Prayer flows using different words than you normally pray
- Prayer flows freely, and unhaltingly, as though empowered
- Prayer flows into a song or poem or cadence, as though empowered
- Prayer flows into syllables and sounds that reflect a foreign-sounding language
- Prayer feels fervent, meaningful, effective, as though empowered

Journal:

Write down what was different in your style of prayer when you asked to “pray in the Spirit”. What felt good about it? What felt weird about it? Express how you felt about God while you prayed in this way. Did God tell you anything new or give you a new perspective? Document those things. Write down questions or prayers you want “pray in the Spirit” about. Document what answers occur.

