Ephesians
Praying in the Spirit
November 8, 2026
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Ephesians 6:10-18
10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.
14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

- **Praying in the Spirit** – praying the perfect will of God. Prayer that depends on the Spirit, is shaped by the Word, and follows God's will.

  Walk in the Spirit—Galatians 3:3; 5:16, 25; 6:8
  Worship in the Spirit—John 4:23-24; Philippians 3:3; Ephesians 5:18-20
  Serve in the Spirit—Romans 7:6; 12:11
  Fight by the Spirit—Romans 8:13
  Speak/Witness—1 Corinthians 12:3; Mark 13:11

  Romans 8:26-27
  26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. 27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

  Jude 20-21
  20 But you, beloved, building yourselves up in your most holy faith and praying in the Holy Spirit, 21 keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life.

  1 Corinthians 14:14-15
  14 For if I pray in a tongue, my spirit prays but my mind is unfruitful. 15 What am I to do? I will pray with my spirit, but I will pray with my mind also; I will sing praise with my spirit, but I will sing with my mind also.

- **How to pray in the Spirit?**

  Romans 5:4 *For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.*

  1 John 5:14-15
  14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. 15 And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.
  Cf. **Matthew 6:10; Luke 22:42; John 14:13-14; John 15:7; James 4:3**

  Galatians 3:1-6
  1 O foolish Galatians! Who has bewitched you? It was before your eyes that Jesus Christ was publicly portrayed as crucified. 2 Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith? 3 Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh? 4 Did you suffer so many things in vain—if indeed it was in vain? 5 Does he who supplies the Spirit to you and works miracles among you do so by works of the law, or by hearing with faith— 6 just as Abraham "believed God, and it was counted to him as righteousness"?

The Point: The same Spirit who brought you to Christ is the One who will teach you to pray. Open the Word, surrender your will, and lean on the Spirit, because that's how the armor gets put on.

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