

# Watch Your *Life*

## Session 3: Praying in the Spirit

*Presented by Pastor Colin Smith*

### Message Outline

What is meant by 'praying in the Spirit'?

Why do we need the help of the Holy Spirit?

How does the Spirit Help?

The Four Parts to Prayer

- A. Worship
- B. Confession
- C. Thanksgiving
- D. Intercession

### Discussion Questions

1. What does your practice of prayer look like? In what way do you most want to grow?
2. Explain how each member of the Trinity helps you pray.
3. Which of the four parts of prayer (Worship, Confession, Thanksgiving, Intercession) do you need to grow in the most?
4. Read John 15:1–8 and notice key repetitions. How do feeding on Christ and praying in the Spirit relate to this passage? How does this passage foundational to gospel ministry?
5. Who does God call you to intercede for? How might you more intentionally pray for them?
6. Spend a few minutes meditating on Romans 5:5 and turn it into prayer using each of the four parts of prayer (Worship, Confession, Thanksgiving, Intercession).