

Westwood Baptist Church *Grounded. Growing. Going.*

Worship Guide for August 7, 2022

Sermon Notes

Let Us Pray at All Times in the Spirit

Ephesians 6:18-20 (pew Bible pg. 979)

Last Sunday, Pastor Jason shared vv. 13-17, specifically telling us about the 6 pieces of the armor of God (vv. 14b-17).

As believers we must pray at all times in the Spirit. Why should we pray at all times in the Spirit?

- 1. Because prayer is important in our Christian life and in particular, in spiritual warfare.** Let's see the importance of prayer in the life of Christ (Mark 1:21-35; 6:46; Luke 6:12; 11:1). Why is prayer so important to us?

- 2. Because it is the best way to pray: "Pray in the Holy Spirit".** Ephesians 6:18a "praying at all times in the Spirit, with all prayer and supplication". What does it mean to pray "in the Spirit"?

- 3. Because it helps us to pray for "all the saints".** Obviously, we should pray for ourselves, but prayer is for the benefit of others.

I end with the story that the disciples of Jesus experienced when he was praying, they were amazed at the way Christ prayed. Such was the impact that one represented to the others said: **"Lord, teach us to pray, as John also taught his disciples" (Lk. 11:1).**

If we evaluate our prayers, are they in the Spirit? Or in the flesh? The truth is, when we examine our prayers, I think we need to say, **"Lord, teach us to pray"**

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Weekly Discipleship Guide

Know

**What does God intend for me to know?
In your journal, use the following prompts to write
some truths that stood out from this week's message.**

I never knew...	I was reminded...	A question I still have...
I was challenged...	I was convicted...	A truth I could share...
I was encouraged to...		I need to dig deeper into...

Be (Consider)

**What does God's Word lead me to prayerfully consider?
In your journal, use the following questions to write
some prompts to use in praying through this week's passage.**

Is there a command to obey?	Am I convicted to confess any sin?
How am I compelled to exalt God?	Is there a sin to avoid?
Is there a promise to claim?	How do I need to rest in Jesus/the gospel?
Is there a principle to follow?	How can I pray for someone else?
Is there an example to follow?	What am I compelled to love or desire?

Do (Yield)

**How does God's Word call me to yield my life? In your journal, write
your answers and thoughts in response to the following questions.**

How does Paul's description of the armor of God combined with this call to prayer help us better understand prayer?
How do the two descriptions go together, work together?

How do you think a deeper comprehension of the spiritual war raging around us would affect our prayer life? How do you think it would affect how and how often you asked others to pray for you, personally? Focusing on your own spiritual needs presently, how would you ask members of your Life Group to pray for you right now?

If you were to write a prayer guide using v. 10-17, what would you include? Would you commit a timeframe in the near future to consistently prayer through this guide? How can your Life Group do that together and encourage each other as you do?

*Use this guide to help you internalize this week's message & to prepare for Life Group.

Westwood Staff

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