

## Praying in the Spirit

Based on *How to Pray*, by R.A. Torrey,  
by Joline Stewart

The whole secret of prayer can be found in three words, "in the Spirit." The Father answers the prayer that the Holy Spirit inspires, as it is prayed through the heart and soul of the child of God. This is a picture of the Father, the Holy Spirit, and the believer acting in oneness.

The Bible says to pray in the Spirit, "praying always with all prayer and supplication in the Spirit" (Eph. 6:18). Again, "praying in the Holy Spirit" (Jude 20). And "I will pray with the spirit, and I will also pray with the understanding" (1 Cor. 14:15).

When the disciples asked Jesus to teach them to pray, He gave them an example in the Lord's Prayer. But, in John 14:16-17, He referred to the source of prayer within them when He said, "I will [ask] the Father, and he shall give you another Comforter, that he may abide with you for ever; even the Spirit of truth." The Apostle Paul also told us, "the Spirit also helps our weakness" (Rom. 8:26).

Are you hindered from praying by the incapacitating honesty that you don't know how to pray or what to pray? Good! But why would that be good? God has so designed prayer that we should always come to Him in complete dependence. Learn to embrace this God-given impotence as the place of greatest blessing.

To begin, come into God's presence and be silent. Secondly, open the Bible and acknowledge the Holy Spirit as your teacher. Next, wait in faith. Surrender yourself to Him according to Romans 12:1, "offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

## How to Start a *Cords of Three* Prayer Ministry

**Step 1 – Commit** yourself to God as His servant to begin this new prayer ministry. Ask Him to help you identify one or two (max.) other believers and invite them to join you each week for a 10-15 minute phone prayer meeting. Don't expect everyone to say "yes."

Write the names below of those you are going to invite to join you.

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**Step 2 – Organize** an initial phone meeting to decide on the logistics (day, time, who will initiate the call, etc.). Put it on your calendar and don't let anything supplant it.

**Step 3 – Resolve** to begin on a specific date and to be committed to the Lord, to each other, and the weekly prayer meeting.

**Step 4 – Deploy.** Get started. It may seem a bit awkward at first, but your *Cords of Three* prayer ministry will quickly become a powerful spiritual influence in your life and the lives of those you meet with each week.



## PRAYER JOURNAL

SEPTEMBER 2025

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Check the box after you have prayed each day to help build a more consistent prayer life. Pray a verse a day!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 ☐

LI leaders & groups/  
Pastors & churches,  
LI staff & volunteers  
Acts 1:14

2  
Discipleship  
Training/  
More laborers  
Acts 2:4

3 John Stewart's  
writing/  
Believing believers  
Acts 2:41-42

4 ☐

Men's Ministry/  
Spiritual impact/  
Outreach & growth  
Acts 2:47

5  
Cords of 3/  
Personal prayer  
Psalm 85:6

8 ☐

LI leaders & groups/  
Pastors & churches,  
Government leaders  
Psalm 119:126

9 Discipleship  
Training/  
More laborers  
Mark 1:35-38

10 ☐

New resource  
development/  
Courageous believers  
Luke 6:12-13

11 ☐ Women's Ministry/  
Spiritual impact/  
Outreach & growth  
Luke 9:18

12  
Cords of 3/  
Personal prayer  
Luke 9:21-22

15 ☐

LI leaders & groups/  
Pastors & churches,  
LI staff & volunteers  
Luke 3:21-22

16  
Discipleship  
Training/  
More laborers  
Luke 22:39-46

17  
John Stewart's  
writing/  
Faithful believers  
Matthew 14:23

18 ☐

Youth Ministry/  
Spiritual impact/  
Outreach & growth  
John 6:15

19  
Cords of 3/  
Personal prayer  
Mark 3:20

22 ☐

LI leaders & groups/  
Pastors & churches,  
Government leaders  
Mark 6:31-33

23  
Discipleship  
Training/  
More laborers  
Matthew 26:36

24 ☐ New resource development/  
Fruitful believers  
1 Thessalonians 5:17

25 ☐ Greater gratitude/  
Evangelism/  
Families  
Ephesians 6:18

26  
Cords of 3/  
Personal prayer  
James 1:5-7

29 ☐

Gospel proclaimed/  
'Simple Evangelism'  
course/SR prayer class  
Romans 15:30

30  
Discipleship  
Training/  
More laborers  
Daniel 9:3

## PRAY SCRIPTURES

Begin by thinking about the meaning of each keyword in that verse. How does it affect the meaning of that verse?

"For the LORD gives wisdom; from his mouth come knowledge and understanding. He holds success in store for the upright, he is a shield to those whose walk is blameless." - *Proverbs 2:6-7*

"Let the beloved of the LORD rest secure in him, for he shields him all day long, and the one the LORD loves rests between his shoulders." - *Deuteronomy 33:12*

*"The only enduring motive for prayer is that God is worthy to be sought." – Daniel Henderson, Strategic Renewal*

**Contact Joline Stewart** for additional prayer resources: 952-294-0822 | [LamplightersUSA.org](http://LamplightersUSA.org)

# PRAYER LIST

### Personal:

FAMILY & FRIENDS  
NEIGHBORS & ASSOCIATES  
GOVERNMENT & LEADERS

**Spiritual:**

LABORERS  
SOULS SAVED  
BIBLE STUDY GROUP  
GREATER —  
Godliness • Growth  
Commitment • Faithfulness

### Add Your Own:

[illegible]