



Part
7

Pray in the Spirit

This week Pastor Shelly finished the series *Stranger Things: Winning the Battle with the Upside Down*. We looked together at the struggle between good and evil and how to use each piece of the armor of God to resist the enemy. We hope that you had a positive experience as you gathered with your Cathedral family and went through the points together.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.
Ephesians 6:12-13

1. Prayer is the energy and atmosphere in which we wage war (read Ephesians 6:18-20). Believers must live in prayer at all times in order to win this spiritual battle. It is how we are strengthened in the power of God, and it is how we put on the full armor.
2. Pastor Shelly shared how the first type of prayer is personal prayer (read Jude 20). When we pray in the Spirit, Jesus intercedes on our behalf (Romans 8:34) and the Holy Spirit helps us (Romans 8:26). What do you need help with today?
3. The second type of prayer is prevailing prayer (read Matthew 9:20-22). Pastor Shelly encouraged us to: **PUSH – Pray Until Something Happens**. What types of distractions commonly keep us from being spiritually alert? Are there any practices that help you to be spiritually alert? What or who do you believe God is calling you to intercede for?
4. The third type of prayer that she mentioned is persevering prayer (read Matthew 7:7). Are there any answers to prayer you received after a long season of praying? If so, what are they? What are some things that you are still praying for?

Close in prayer