

Abide Prayer Guide: THE SPIRIT

As God's sons and daughters, the Holy Spirit lives in us (Ephesians 1:13-14). Romans 8:11 tells us, *"And if the Spirit of him who raised Jesus from the dead lives in you, then he who raised Christ from the dead will also bring your mortal bodies to life through his Spirit who lives in you."*

Today's focus of ABIDE is the Spirit. God's plan for our lives is to have a relationship with the Holy Spirit, a deep, personal and life-changing relationship with the Spirit.

Opening Prayer

Let's begin ABIDE by taking a moment to quiet our hearts and minds before God. Simply, take a deep breath and exhale slowly. You may want to pray a "breath prayer" as you inhale and exhale, such as, "Spirit, fill me."

Note: If you are leading a small group through ABIDE, pray the first prayer below over those you are leading. If you are praying ABIDE alone, use the second prayer.

Small Group Prayer: Lord, we give our hearts and lives to you. We surrender all that is within us to you. We love you and we need you. Spirit, fill us and lead us as we pray. We consecrate this time of prayer to you. Remove any distractions and help us focus on you. In Jesus' Name, Amen.

Personal Prayer: Lord, I give my heart to you. I surrender every area of my life to you. I choose to trust you with my whole heart and with everything in my life. You are my good, good, Father who loves me. Thank you that you are faithful, all-knowing and all-powerful. Remove any distractions from me and help me focus on you. Holy Spirit, fill me and help me discern your voice as I pray. In Jesus' Name, Amen.

Prayers of Gratitude

I say then, walk by the Spirit and you will certainly not carry out the desire of the flesh. (Galatians 5:16)

Consider the truth, the reality, that the Spirit lives in you. Our Father loves us and provided everything that we need to walk through life through the incredible gift of the Spirit. We are never alone. We have the Spirit to help us, lead us, empower us, comfort us and reveal God to us each and every day of our lives.

Let's take a moment and thank our Father for sending us the Spirit. Thank God for specific ways your life has been changed as a result of the Spirit living in you.



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Prayer: Father, thank you for the Spirit. Thank you for the way the Spirit _____ (fill in the blank with whatever you are grateful for that the Spirit has done in your life). In Jesus' Name, Amen.

Prayers for My Heart

Scripture tells us that the Spirit strengthens us with power in our inner being and that we are to pray to be strengthened by the Spirit.

I pray that he may grant you, according to the riches of his glory, to be strengthened with power in your inner being through his Spirit. (Ephesians 3:16)

Where do you need the Spirit to strengthen you today? Where do you need to be strengthened by the power of the Spirit so that you can think, feel, love, respond to others or circumstances differently? Where do you feel overwhelmed in your life or family or perhaps even defeated? Be honest with God and ask Him for the Spirit to empower you with His strength.

Prayer: Holy Spirit, I need you to empower me and strengthen me in _____ (fill in the blank with the areas of your heart and life that need to be empowered by the Spirit so that you can receive His strength).

Prayers for Others

Let's pray for those the Spirit brings to mind who need to be strengthened by the Spirit as they walk through various trials, losses or spiritual battles.

Prayer: Holy Spirit, we ask you to strengthen _____ (fill in the blank with the first name of whoever the Spirit brings to mind). We ask you to empower them by your Spirit in their inner being.

Closing Prayer:

"When the Spirit of truth comes, he will guide you into all truth. For he will not speak on his own, but he will speak whatever he hears. He will also declare to you what is to come." (John 16:13)

Holy Spirit, thank you for your presence. Thank you for speaking to us, guiding us into all truth. Thank you for the strength you give us, and the power you give us, that transforms our lives. We love you, need you and desire to walk with you. In Jesus' Name, Amen.



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