

CONTEND:

Praying with Authority [Romans 8:22-27]

1. Know who God is and who you are in Christ (Romans 8:23)

We are given authority in the context of relationship with God. In order to pray with authority, we need to know who we are (God's adopted children) and who we are praying to and with. We worship a triune God: Father, son and Holy Spirit. Our prayers are made in and through Christ Jesus to the Father, by the power of the Holy Spirit (Ephesians 2:18). Jesus is not the end point of our prayers - if we forget this, our prayers and faith may be small and self serving.

2. Pray in the Spirit (Ephesians 6:10-17)

With the armour of God on, we stand knowing who we are in Christ, who God is, and we are to 'pray in the Spirit at all times and on every occasion'. This does not mean just adding 'In the Name of Jesus' to our prayers - it is not a magic word! It is a statement of faith that our prayers are in align with God's will. If we lean in to listen to God as we pray, as well as talk, He will guide our prayers by His Spirit. We can recognise the Holy Spirit by its fruit (Galatians 5:22). Sometimes our prayers are no more than a groan, echoing with the cries of all creation for an end to sin and suffering (Romans 8:26).

3. Pray in tongues (1 Corinthians 14)

Praying in tongues is a gift of the Holy Spirit. It was practiced in the early church, as a way of the spirit connecting with God without our intellect getting in the way. Missionary Jackie Pullinger has seen remarkable fruit from praying in tongues daily for at least 15 minutes.

DISCUSS

Starter: What kind of experience have you have had with authority, good or bad? How might it have in any way affected your view of your own authority or the authority of God?

1. What is your favourite worship song? What is it about the lyrics that you like? Do you tend to sing or pray to The Father, the son or the Holy Spirit, or all three?
2. Romans 8:22-23 speaks of all creation, as well as believers, groaning in longing for release from sin and suffering. How do you perceive this guttural longing for God's restoration in and around you?
3. What does 'Praying in the Spirit' mean to you? Is it silent or noisy? Can you recall a time when you had a clear sense of being directed in prayer, praying in ways or for people or situations that you wouldn't normally think about? How do you discern the Spirit's leading in prayer?

Digging deeper: Have you ever tried praying in tongues? If not why not give it a go? Pray for God to help you, then open your mouth and talk. It is a gift to help you build you up in private prayer (1 Corinthians 14: 2, 4). You can also sing worship in tongues. If speaking in tongues in a small group setting, ask God for an interpretation (1 Corinthians 14:13)

We believe our God-given vision is see: thriving communities springing up, where everyone can belong and find hope in Jesus.

Group Sunday message notes 2026

