



# experiencing the holy spirit

welcome. listen. yield.

A GUIDE TO UNDERSTANDING  
WHAT IT MEANS TO  
**PRAY IN THE SPIRIT**



**PRESTONTRAIL**  
community church





# INTRODUCTION

## What does it mean to pray in the Spirit?

To pray in the Spirit is to let the Holy Spirit lead your prayer—moving beyond the limits of human understanding into deep, powerful communion with God. It is how head knowledge about God, revealed in Scripture, comes alive in our hearts. It's not about polished words or rigid formulas, but about **welcoming**, **listening**, and **yielding** to His presence in prayer and through our daily experiences.

It begins with a heart posture open to the Spirit's guidance: inviting Him in, resting in stillness to hear His voice, and surrendering to the Father's will. When we lay down our own agendas and allow the Spirit to intercede, our prayers align with God's heart and His perfect will for our lives.

Praying in the Spirit is:

- **Spirit-led** – not human-led, driven by emotions or personal agendas
- **Personal & intimate** – cultivating a rich, heart-to-heart connection with God the Father, moving you from knowing *about* Him to truly *knowing* Him
- **Empowering** – strengthening faith and sparking spiritual boldness

This guide will show you how to begin the practice of praying in the Spirit and how to embrace a posture of **welcoming**, **listening**, and **yielding** to His voice in your life.

*May the presence of the Holy Spirit go with you as you enter this time of prayer.  
May your heart remain open, your spirit tender, and your ears attentive to His  
gentle whispers. Let the peace of Christ guard your mind and the fire of the  
Spirit ignite your faith again and again.*

“And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit who lives in you.”

**Romans 8:11 NIV**



# HOW TO PRAY IN THE SPIRIT

## welcome.

## *come, holy spirit*

Since the Holy Spirit is a person—God’s gift to every believer—our first posture in prayer should be one of welcome. Invite Him into your prayer time. Ask Him to guide your thoughts, shape your emotions, and give you the words to pray. Thank Him for interceding on your behalf and aligning your prayers with God’s perfect will. Like the Apostle Paul, who spoke of praying both with his mind and his spirit (1 Corinthians 14:15), we can move beyond prayer that is purely mental.

## listen.

## *speak, holy spirit*

Begin by bringing to God what is already on your heart: confession, gratitude, requests, and intercession. But do not close in prayer once your list is complete. Instead, pause in stillness and invite the Holy Spirit to lead the way. Let your prayer move from being shaped by your own thoughts (a one-way conversation) to being guided by His prompting (a two-way conversation). As you listen, He may place on your heart people, situations, or needs you would not have thought to lift up on your own. He might reveal a hidden sin to confess, bring a specific Scripture to dwell on, or draw you into worship focused on one of His attributes. In these moments, prayer deepens, shifting from simply talking to God to aligning your heart with His and joining Him in what He desires to do.

## yield.

## *have your way, holy spirit*

Praying in the Spirit doesn’t stop at hearing; it moves into surrender. It’s the choice to “keep in step with the Spirit” (Galatians 5). As the Holy Spirit brings things to light - whether a person to intercede for, a sin to confess, a step of obedience to take, or a truth from Scripture to embrace - yield your heart to His direction. Don’t rush these moments. Our flesh will resist what the Spirit reveals, but surrender means laying down that resistance and saying, “Okay, God, have Your way.” Respond in faith. Obey His prompting. Trust that His leading is perfect. Yielding is where prayer shifts from words we speak to transformation we live—aligning our hearts and actions with the will of God.

“And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. **But the Holy Spirit prays for us** with groaning that cannot be expressed in words.”

**Romans 8:26 NLT**



# JOURNALING THROUGH PRAYER

Use this journal sheet as a guide for your prayer time. Let these prompts help you create space for deeper connection and alignment with God's will.

## come, holy spirit.

Begin by inviting the Holy Spirit into this time of prayer.

What distractions and cares are occupying my mind?

Write a prayer of invitation welcoming the Spirit into this space.

Ask Him: *'Guide my thoughts, shape my emotions, and give me the words to pray.'*

## speak, holy spirit.

Pause in stillness and invite the Holy Spirit to guide what comes next. What comes to mind?

Is He leading me into worship for one of God's attributes?

Are there people, situations, or needs I wouldn't have thought to pray for?

Is He uncovering any sin to confess?

Are there words, impressions, Scriptures, or pictures He's bringing to mind?

*welcome. listen. yield.*

## have your way, holy spirit.

Praying in the Spirit doesn't end with hearing; it continues with surrender.

What step of obedience is the Spirit nudging me to take?

What attitude, habit, fear or area of my life do I need to surrender?

Does what I'm sensing align with God's word and character?

Who can I share this with to hold me accountable?

Ask Him: *'Help me to walk in faith and full obedience. Grant me boldness to follow every prompting of Your Spirit, carrying this posture of prayer into every moment of my day.'*

Write any closing thoughts or reflections as you end your time of prayer.

*welcome. listen. yield.*



*May the Lord fill you afresh with His Spirit as you **welcome** His presence into every moment of prayer. May your heart be still to **listen** for His voice, and may your spirit be quick to **yield** to His leading.*

*May your faith be strengthened day by day, and may you walk in ever-deepening intimacy with God the Father.*

*Go forth in boldness, carrying the love of Jesus into the places you live, work, and play—trusting that the Spirit is moving ahead of you, empowering you, and aligning your heart with God's perfect will.*

*In Jesus' name, amen.*