

# **Meet Your Psychiatrist: He Teaches You to Pray**

*Warren Wiersbe*

## I. Introduction.

- A. Prayer is an important part of our lives. Our Christian life cannot be divorced from our prayer life.
- B. Text: Romans 8:26-27.
- C. There is no spiritual birth without spiritual travail.
- D. We cannot pray effectively apart from the Spirit.

## II. Only God's children can pray.

- A. The first prayer the Spirit gives us is for God's mercy. (Zechariah 12:10)
- B. When one has entrusted Christ as savior, the Spirit puts in a second prayer: Abba!

## III. God's children cannot pray in their own power.

- A. Our weakness: we do not know how to pray, and we do not know what to pray for.
- B. We are to beware of false praying. (Psalm 141, Exodus 30:9, Leviticus 10:1)
- C. We must not manufacture our own emotion or devotion in prayer.
- D. When the Spirit takes control in prayer, he gives us the power and desire to pray.
- E. Spend time meditating on the goodness of God before prayer. (Psalm 10:17)

## IV. God's children often do not know what to pray for.

- A. Paul did not know how to pray always. (2 Corinthians 12, Acts 16)
- B. Evidence of spiritual maturity is acknowledgment that we do not always know what to pray for.
- C. Praying must be done in the will of God. (1 John 5:14-15)

### 1. Searching.

- a. The mind and heart. (Ephesians 6, Revelation 2:23, Psalm 133)
- b. The Word of God through the Spirit. (1 Corinthians 2)
- c. The mind of the Spirit by the Father. The Spirit filters our prayers.

### 2. Groaning.

- a. This means groaning in a way that there is no word to express.

b. These are intense feelings that the Spirit stirs within us. (Psalm 38:9)

3. Interceding.

a. The Spirit pleads for us on earth while Jesus intercedes for us in heaven.

b. Nothing can go wrong in the will of God.

V. Prayer is a costly, demanding experience.

A. We must walk in the Spirit to pray in the Spirit.

B. We must not grieve the Spirit. (Ephesians 4)

**Application questions:**

1. How would you defend or refute the claim that only God's children can pray?

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2. What does it look like practically to lean on the Spirit in prayer? Why is this necessary?

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3. What does it mean to pray in the will of God in 1 John 5:14-15? Explain.

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