

*Foundations 9*

*Praying in the Spirit*

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Introduction: Do you Soar or Sink?

Larry had always dreamed of flying. At the age of 13, on a visit to an Army-Navy surplus store, he saw several empty weather balloons hanging from the store's ceiling, and thought that it would be an interesting way to attain flight. But a more practical way, learning to fly an airplane, was much more reasonable. Nevertheless, the method was filed away in Walters' subconscious.

When he came of age, he enlisted in the United States Air Force, with the hope of finally learning to fly. However, it was discovered that he had poor eyesight - killing his flight career before it could even begin.

After leaving the Air Force, Walters began to hatch his plan. It called for him to attach a couple of helium-filled weather balloons to a lawn chair, then cut away an anchor, and float above his backyard at a height of about 30 feet for a couple of hours. The flight would end when he would use a pellet gun to pop the balloons, one after another, to gently return to the earth below.

Walters, 33, living in North Hollywood and working as a truck driver and deliveryman for a film production company, invested \$4,000 in the project, purchasing nearly four dozen surplus weather balloons from California Toytime Balloons (under the guise of being for use in filming a television commercial), compressed helium cylinders, a sturdy aluminum lawn chair from Sears, and various other bits of equipment for the flight. Walters even learned how to skydive, and planned on wearing a parachute for the flight - just in case.

The night before the launch of a short "test flight" of the contraption, Walters and several friends met at the San Pedro home of Carol van Duesen, Larry's then-girlfriend. The crew inflated balloons throughout the night, and rigged together the chair and assorted equipment.

At 11 o'clock on the morning of July 2, 1982, Walters sat atop his lawn chair under his towering apparatus, christened "Inspiration I". Four tiers of helium-filled balloons, over 40 in total, rose tall above him.

The flight "plan" called for Walters and his balloons to fly out over Long Beach, and 300 miles east, towards the Mojave Desert

Walters was equipped with an altimeter, parachute, life jacket (in the event of a "water landing"), a 2-liter bottle of Coca-Cola, a sandwich, and Citizen's Band (CB) walkie-talkie. He also had a BB-gun pistol to shoot the balloons and lower his altitude, and took a camera but would later admit to interviewers, "I was so amazed by the view, I didn't

even take one picture."

Tethered to the ground via three lines tied off to the bumper of a Jeep, Walters waited with anticipation as the ropes were to be cut. But after Carol cut one of the tethers holding the craft earth-bound, the other two ropes snapped suddenly. The balloons, and Walters in his lawn chair, were rocketed skyward!

His eyeglasses ripped from his face, Walters, a North Hollywood truck driver with no pilot or balloon training, was soaring upwards at an alarming rate, when he had expected to attain level flight at merely 100 feet above the ground.

Fearing that he might unbalance the load, he did not dare shoot any balloons with his pellet gun. Instead, he spent about two hours aloft and soared up to 16,000 feet -- over three miles high.

From San Pedro, Walters and his balloons began to drift over Long Beach, and crossed the primary approach corridor of Long Beach airport. Airlines pilot from both TWA and Delta reported seeing him to the control tower at Long Beach airport.

Shivering in the thin high-altitude air, he finally used his pellet gun to start popping balloons, in order to lower his altitude. Descending, he aimed, as best he could, to land at the Virginia County Club in Long Beach. But, he descended short of the golf course, and headed into a

residential neighborhood in Long Beach.

"The part that was scary was the last 300 feet (before landing), with the rooftops and telephone poles coming up so fast," Walters said. "I was praying that I wouldn't hit one of those power lines and be fried or sizzled." Walters said in an interview shortly after landing.

He dumped the gallon jugs of water tied to the chair to slow the gadget's landing but, on the way down, his balloons draped over a set of power lines. Left dangling five feet off of the ground, the police had to shut down electricity in the Long Beach neighborhood for 20 minutes in order for Walters to safely egress his wounded wonder, down and into the backyard of a house in Long Beach.

"By the grace of God, I fulfilled my dream. But I wouldn't do this again for anything."

I have heard more Christians express their weaknesses than their strengths. I have seen more Christians sink into a life of mediocrity than soar to new heights! Why?

They say, "I can't do that." "I can't speak in front of others." "I don't feel comfortable doing that." "You should do it."

All such expressions are denying the power of God which has been given to each of us, in the Indwelling of the Holy Spirit!

Do you remember what Paul wrote to the Philippians (4:13)?

13. I can do all things through Him who strengthens me.

And this is true for each and every one of us.

Then why doesn't it work this way in and through every believer?

God's power is all around us, and it flows to us through His Holy Spirit; but it's our attitude, more than anything else, that determines whether or not this power in fills us.

Our "can't do" attitude closes the door.

Our "can do" attitude opens the door.

### *Praying in the Spirit in the Bible*

But as for me, I am filled with power, with the Spirit of the LORD,

and with justice and might, to declare to Jacob his transgression,

to Israel his sin. Micah 3:8

Micah is filled with the Spirit and power of God, and in that power, he has the courage to speak out against the evil around him, even to government leaders.

And Micah is no different from any of us, as far as our potential goes; for we, too, can do the very same things...that is, if we are willing.

It is only our fears that keep us from being like Micah; but our unconditional love of God will overcome these fears, and permit the infilling of the Holy Spirit, to the glory of God.

We can do it ... that is ... if we really want to.

We can and should speak out against the evil around us, and encourage and support each other to do the same. In Short we should be soaring, not sinking.

Luke 1:15-17

for he will be great in the sight of the Lord. He is never to take wine or other fermented drink, and he will be filled with the Holy Spirit even from birth. <sup>[b]</sup> <sup>16</sup> Many of the people of Israel will he bring back to the Lord their God. <sup>17</sup> And he will go on before the Lord, in the spirit and power of Elijah, to turn the hearts of the fathers to their children and the disobedient to the wisdom of the righteous—to make ready a people prepared for the Lord."

And since Zacharias and Elizabeth were obedient to God's word, all this came to pass. The whole family was filled with the Holy Spirit, and with power. Now some of us might be saying, "If an angel or prophet spoke to me, I too could do more." But, in reality, God has indeed spoken to us in this manner through the Bible, and we have not fully responded. That is Why we must soar and sink!

Acts 1:6-8

So when they met together, they asked him, "Lord, are you at this time going to restore the kingdom to Israel?" He said to them: "It is not for you to know the times or dates the Father has set by his own

authority. <sup>8</sup>But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

This is the power to fulfill the great commission given to us, as well: that we, too, would fulfill His desire; that we would all be His witnesses throughout the entire world. This is all part of being a Christian.

And this happens only when we combine our faith and our prayers together.

Our faith opens the door to admit the Holy Spirit to indwell us, but our infilling occurs only when we clean out the junk within us, and are truly willing to have the Lord direct all aspects of our lives. It is then we begin to level off our descent and begin to rise into a new life!

### *Praying in the Spirit Context In Ephesians*

1:13-23

And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, <sup>14</sup>who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints, <sup>16</sup>I have not stopped giving thanks for

you, remembering you in my prayers. <sup>17</sup>I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit<sup>[f]</sup> of wisdom and revelation, so that you may know him better. <sup>18</sup>I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, <sup>19</sup>and his incomparably great power for us who believe. That power is like the working of his mighty strength, <sup>20</sup>which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, <sup>21</sup>far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. <sup>22</sup>And God placed all things under his feet and appointed him to be head over everything for the church, <sup>23</sup>which is his body, the fullness of him who fills everything in every way.

The Holy Spirit is God's guarantee that we belong to him and that he will do what he has promised. The Holy Spirit is like a down payment, a deposit, a validating signature on the contract. The presence of the Holy Spirit in us demonstrates the genuineness of our faith, proves that we are God's children, and secures eternal life for us. His power works in us to transform us now, and what we experience now is a

taste of the total change we will experience in eternity.

The world fears the power of the atom, yet we belong to the God of the universe, who not only created that atomic power but also raised Jesus Christ from the dead. God's incomparably great power is available to help you Through the Holy Spirit. There is nothing too difficult for him. If there is not anything too difficult for him-when he asks us to do something for him-is there anything too difficult for us to do? No! We can soar to new heights through the power of the Spirit!

3:14-21

For this reason I kneel before the Father, <sup>15</sup>from whom his whole family<sup>[a]</sup> in heaven and on earth derives its name. <sup>16</sup>I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup>so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup>may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, <sup>c</sup><sup>19</sup>and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or

imagine, according to his power that is at work within us, <sup>21</sup>to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

In union with Christ and through his empowering Spirit, we are complete. We have all the fullness of God available to us. But we must appropriate that fullness through faith and through prayer as we daily live for him. Paul's prayer for the Ephesians is also for you. You can ask the Holy Spirit to fill every aspect of your life to the fullest.

5:15-21

Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup>making the most of every opportunity, because the days are evil. <sup>17</sup>Therefore do not be foolish, but understand what the Lord's will is. <sup>18</sup>Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. <sup>19</sup>Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, <sup>20</sup>always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. Submit to one another out of reverence for Christ.

People who get drunk are interested only in themselves. It's a sign of their weakness. They may claim it's for fun, or for some other reason, but it's really an attempt to hide themselves from the truth.

And this is exactly the attitude far too many Christians express, when

they say they can't do something. They're hiding from the truth, for God tells us we can do it. And in various ways, and to greater or lesser extents, we probably all do this.

This is why Paul is encouraging us to be filled with the Holy Spirit.

This is not the same thing as having the indwelling of the Holy Spirit, which we receive when we truly come to believe.

Our infilling comes when we submit our will to the Lord, and open our hearts and souls to Him with a repentant and obedient attitude.

And as we do this we find our whole being singing and giving thanks, and really desiring to make a difference in the world to the glory of God.

We no longer sink like a rock, but through the Spirit's power soar to new heights.

6:10-20

Finally, be strong in the Lord and in his mighty power. <sup>11</sup>Put on the full armor of God so that you can take your stand against the devil's

schemes. <sup>12</sup>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

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everything, to stand. <sup>14</sup>Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup>and with your feet fitted with the readiness that comes from the gospel of

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peace. <sup>16</sup>In addition to all this, take up the shield of faith, with which

you can extinguish all the flaming arrows of the evil one. <sup>17</sup>Take the

helmet of salvation and the sword of the Spirit, which is the word of

God. <sup>18</sup>And pray in the Spirit on all occasions with all kinds of prayers

and requests. With this in mind, be alert and always keep on praying for

all the saints.

Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

There are a variety of interpretations offered to the phrase "pray in the Spirit." Note that the construction in Greek is the same as in verse , where Paul writes "Be strong IN THE LORD and IN THE STRENGTH of His might." In verse 10 Paul is not suggesting that there are different ways to be strong; rather, he is explaining the only way we

can truly be strong, the only way we can fight successfully our spiritual battles. in Ephesians 6:18 Paul is not suggesting that there are two types of effective prayer, prayer in the spirit and prayer not in the spirit. Rather, he stresses that *we cannot pray effectively in our own power*; vain repetitions, many words are not necessarily effective prayer; lots of emotion does not make for effective prayer; the absence of emotion does not lead to effective prayer, loud calling out does not lead to effective prayer; elegant writing does not lead to effective prayer. One of the Mega themes of the book of Ephesians is Grace. God's Riches at Christ's Expense. One of God's Riches we have at Christ Expense is the indwelling of the Holy Spirit to live an overcoming life. instead, effective prayer results from an active dependence on the Spirit within us, as we acknowledge that we don't know how to pray, as we open ourselves to His leading and His Acts 1:6-8 prompting. When you truly connect and depend on God in Prayer you are praying in the Spirit! Let's say that together when you truly connect and depend on God in prayer you are praying in the Spirit !

### *Praying in the Spirit's Meaning for you*

#### *Always Pray Verse 18 a*

*It is Possible to always pray here is some suggestions; One way is to*

*make quick, brief prayers your habitual response to every situation you meet throughout the day. Another way is to order your life around God's desires and teachings so that your very life becomes a prayer. You can become aware of God's presence all day long and whisper prayers to him throughout the day. You don't have to isolate yourself from other people and from daily work in order to pray constantly. You can make prayer your life and your life a prayer while living in a world that needs God's powerful influence.*

### ***Always be Alert and Self-Controlled 18c***

One of my problems with some Pentecostal teaching on this subject-is some teachers stress that man is too lose control and the Spirit Takes over. Let me ask you what is one of the Fruits of the Spirit?

Self-Control! If you would take a **concordance** and look up the **Holy Spirit** and not an Evil Spirit you would find that it brings alertness and more control to man-not less! It is Evil Spirit's in scripture that strip man of less and less awareness and less and less control until demon possession takes place. This is good news because it is a promise through God's Powerful Spirit I can become Alert and Self-controlled! What are some sins or destructive habits people have a hard time controlling ?

### **Alert Process**

To find victory you must first know you have a problem. The Holy Spirit enhances this process by convicting us of our sin. But feedback from others is God's family helping us become more alert. Lastly, I am not sure about you but it seems some lessons I never learn except through natural consequences. Alertness of our weakness and alertness of the consequence for those choices help us stop the denial. Alertness allows us to stop the denial and to walk into God's Grace.

### **God Empowered Self-Control Growth**

The only way you and I can live a life of self-control is to totally surrender ourselves to the Holy Spirit and his plan. Self-control is the control of the self, that is why we have so little of it. Because we cannot control our "selves". The Holy Spirit is our coach. He teaches, trains, corrects, and encourages us. When we yield to his coaching, we can live a life with more self-control.

Whether you are a high school athlete or a pro, you and I both know it takes hours and years of practice to master the coach's system. It is the same with our coach, the Holy Spirit, the only way we will gain greater self-control is the minute by minute practice through prayer, becoming more aware of the Holy Spirit's directions.

### **Always be Fearless When doing God's will 19**

Undiscouraged and undefeated, Paul wrote powerful letters of encouragement from prison. Paul did not ask the Ephesians to pray that his chains would be removed but that he would continue to speak fearlessly for Christ in spite of them. God can use us in any

circumstance to do his will. Even as we pray for a change in our circumstances, we should also pray that God will accomplish his plan through us right where we are. Knowing God's eternal purpose for us will help us through the difficult times. A natural or ordinary man would have learned to keep his mouth shut-but Paul was a bold fresh piece of humanity to the bitter end why? The Power of the Holy Spirit that he learned in Prayer!

Miss North Carolina Kristen Dalton was crowned Miss USA on Sunday, but the big story to come out of the normally politics-free telecast was Miss California's comments regarding gay marriage.

When asked by judge Perez Hilton, an openly gay gossip blogger, whether she believed in gay marriage, Miss California, Carrie Prejean, said "We live in a land where you can choose same-sex marriage or opposite. And you know what, I think in my country, in my family, I think that I believe that a marriage should be between a man and a woman. No offense to anybody out there, but that's how I was raised." In a later interview she made it clear-she knew it was an opportunity to make stand for her faith in God.

Through the power of the Holy Spirit, when we are convinced that the Holy Spirit is calling for us to speak out-he will empower us to say with love what needs to be said.

**Conclusion Did you know We all have a Lawn Chair Balloons and a B.B Gun? We must ask what will we do?**

Praise Band please come up front.

***Do not quench the Spirit; 1 Thess 5:19***

God the Spirit is a gentleman he will allow you to say no-to shoot the helium out of your life and allow you to sink into a place you perceive as place of safety.

But what he really wants is to empower us to soar into a life that overcomes our weakness and Gives God the Glory, buy submission in the pray of the Spirit. If your desire is to say yes to Christ and His plans for your Come up front so I may help you take that step.

Closing prayer: Lord forgive me!

Take away my anger!

Help me to grow in Your love!

Help me to become more sensitive and compassionate .

Lord, I'm willing to do whatever you want me to dco.

Fill me with your blessings, Lord, that I can share them with others.

Lord, help me to spread love and peace and compassion wherever I go.

Lord, please remove anything from me that is not pleasing to you.

Thank You, Lord, for all the beautiful things You show me.

Thank You for all that You have given me, and please continue to help me be a good steward.

And thank You, Lord, for allowing me to be here, today.

There are many, many more things to pray about, all day long, as we go about our daily activities.

And the more we are willing to live this way, and unconditionally commit ourselves to the Lord, the more power we'll receive; and the more of a Christian we will become, and the more believable a Christian we will appear to be to others.

Amen.