

Prayer Points for the Holy Spirit

These prayer points for the Holy Spirit are for anyone who wants to know the Spirit better and walk with Him day by day, alone or with a church. The Holy Spirit is not a force or a feeling but a Person, fully God with the Father and the Son, who teaches, comforts, convicts and leads. These points thank God for the Spirit, and ask to be filled and led by Him, to bear His fruit, to pray with His help and to witness in His power.

And I will ask the Father, and He will give you another Advocate to be with you forever— the Spirit of truth. The world cannot receive Him, because it neither sees Him nor knows Him. But you do know Him, for He abides with you and will be in you.

John 14:16-17 (BSB)

Some points speak to the Father, some to Jesus and some to the Spirit Himself. They stay with what Scripture plainly says and leave aside the questions on which faithful churches differ. Use a section at a prayer meeting or before a small group, or work through one section a day for a week. After each verse and prayer, stay quiet for a moment and respond to what God has said.

Thanks for the gift of the Spirit

1 New birth by the Holy Spirit

Father, we did nothing to deserve it: You saved us not by righteous deeds we had done but by Your mercy, through new birth and renewal by the Holy Spirit. Thank You for pouring out Your Spirit on us so generously through Jesus Christ.

He saved us, not by the righteous deeds we had done, but according to His mercy, through the washing of new birth and renewal by the Holy Spirit. This is the Spirit He poured out on us abundantly through Jesus Christ our Savior,

Titus 3:5-6 (BSB)

2 The Spirit who makes us God's children

Father, thank You that we did not receive a spirit of slavery that leads back to fear, but the Spirit of adoption. When I doubt that I belong to You, let Your Spirit testify with my spirit that I am Your child, and that I may call You Abba.

For you did not receive a spirit of slavery that returns you to fear, but you received the Spirit of adoption to sonship, by whom we cry, "Abba! Father!" The Spirit Himself testifies with our spirit that we are God's children.

Romans 8:15-16 (BSB)

3 Sealed and kept

Father, thank You that when we heard the gospel and believed, You sealed us with the promised Holy Spirit, the pledge of our inheritance. On anxious days, steady us with the assurance that we are Your own possession until the day You redeem us completely.

And in Him, having heard and believed the word of truth—the gospel of your salvation—you were sealed with the promised Holy Spirit, who is the pledge of our inheritance until the redemption of those who are God’s possession, to the praise of His glory.

Ephesians 1:13-14 (BSB)

4 Our Teacher and Reminder

Holy Spirit, Jesus promised that You would teach us all things and remind us of everything He said. Teach me as I read the Bible, and bring His words to mind at the moment I need them: in temptation, in conflict and in fear.

But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have told you.

John 14:26 (BSB)

5 The Spirit who points to Jesus

Lord Jesus, You sent the Spirit of truth from the Father to testify about You. Keep our worship, our teaching and our longings centered on You, so that whatever the Spirit does among us makes much of Jesus.

When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who proceeds from the Father—He will testify about Me.

John 15:26 (BSB)

Filled with the Spirit

6 Asking our Father for the Spirit

Father in heaven, Jesus said that if earthly parents know how to give good gifts, how much more will You give the Holy Spirit to those who ask You. So we ask with confidence: fill us with Your Spirit today, and keep filling us.

So if you who are evil know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask Him!”

Luke 11:13 (BSB)

7 Filled with the Spirit, not lesser things

Lord, we look for escape and comfort in things that leave us emptier. Instead, fill us with Your Spirit. Let it show in how we speak to one another, in psalms, hymns and spiritual songs, and in hearts that make music to You.

Do not get drunk on wine, which leads to reckless indiscretion. Instead, be filled with the Spirit. Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your hearts to the Lord,

Ephesians 5:18-19 (BSB)

8 Strengthened in the inner being

Father, from Your glorious riches, strengthen us with power through Your Spirit in our inner being. When we are worn thin by caregiving, conflict or long seasons of waiting, renew us in the places no one else can see.

I ask that out of the riches of His glory He may strengthen you with power through His Spirit in your inner being,

Ephesians 3:16 (BSB) ·

Led by the Spirit

9 Led as children of God

Father, all who are led by Your Spirit are Your children. Lead me in the ordinary choices of this week, at work, at home and online, and make me quick to follow when You prompt me to speak, serve, wait or stop.

For all who are led by the Spirit of God are sons of God.

Romans 8:14 (BSB)

10 Keeping in step

Holy Spirit, since we live by You, help us walk in step with You. Keep me from running ahead with my own plans or lagging behind in fear and reluctance. Set the pace of my days.

Since we live by the Spirit, let us walk in step with the Spirit.

Galatians 5:25 (BSB)

11 Led on level ground

LORD, teach me to do Your will, for You are my God. May Your good Spirit lead me on level ground. When I face a decision I cannot see my way through, guide me by Your word and give me a heart willing to obey.

Teach me to do Your will, for You are my God. May Your good Spirit lead me on level ground.

Psalms 143:10 (BSB)

12 Trusting You with closed doors

Lord Jesus, Your Spirit kept Paul and his companions from speaking in Asia and would not let them enter Bithynia. When doors close in front of us, help us trust that You are still leading, and follow You gladly where You open the way.

After the Holy Spirit had prevented them from speaking the word in the province of Asia, they traveled through the region of Phrygia and Galatia. And when they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not permit them.

Acts 16:6-7 (BSB)

Fruit, holiness and conviction

13 The fruit of the Spirit

Holy Spirit, grow Your fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Let our families and coworkers see it in us before they ever hear us talk about it.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

Galatians 5:22-23 (BSB)

14 Putting sin to death by the Spirit

Father, I cannot defeat my besetting sins by willpower. By Your Spirit, help me put to death the deeds of the flesh: the secret indulgence, the sharp tongue, the anxious grasping. Thank You that in Christ You give life, not just rules.

For if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live.

Romans 8:13 (BSB)

15 Not grieving the Holy Spirit

Holy Spirit, You can be grieved, because You are a Person who loves us, not a power we use. Convict me quickly when bitterness, harsh words or lies take root, and lead me back to Jesus. Thank You for sealing us for the day of redemption.

And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption.

Ephesians 4:30 (BSB)

Help in prayer

16 When we do not know how to pray

Holy Spirit, thank You that You help us in our weakness. When we do not know how we ought to pray, You intercede for us with groans too deep for words. Take our sighs and silences to the Father, according to His will.

In the same way, the Spirit helps us in our weakness. For we do not know how we ought to pray, but the Spirit Himself intercedes for us with groans too deep for words. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Romans 8:26-27 (BSB)

17 Praying at all times

Father, teach us to pray in the Spirit at all times, with every kind of prayer and petition. Keep us alert and persistent, and remind us to pray for all the saints, especially believers who are suffering far from us.

Pray in the Spirit at all times, with every kind of prayer and petition. To this end, stay alert with all perseverance in your prayers for all the saints.

Ephesians 6:18 (BSB)

18 Guarding the gospel entrusted to us

Holy Spirit, You dwell in us. Help us guard the treasure of the gospel entrusted to us. When teaching drifts, culture pushes or we are tempted to water down the truth, keep us faithful to the good news of Jesus.

Guard the treasure entrusted to you, with the help of the Holy Spirit who dwells in us.

2 Timothy 1:14 (BSB)

Power to witness, and unity

19 Power to be witnesses

Lord Jesus, You promised Your disciples power when the Holy Spirit came upon them, to be Your witnesses to the ends of the earth. Give us that courage in our own Jerusalem: our street, our office, our family group chat.

But you will receive power when the Holy Spirit comes upon you, and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Acts 1:8 (BSB)

20 Conviction for those we love

Holy Spirit, You convict the world in regard to sin, righteousness and judgment. We cannot change a single heart. Go ahead of our words, and awaken our friends and family to their need of Jesus and the mercy He offers.

And when He comes, He will convict the world in regard to sin and righteousness and judgment:

John 16:8 (BSB)

21 Preaching in the Spirit's power

God, let the preaching in our church rest not on persuasive words or polished style, but on a demonstration of the Spirit's power. Let the faith of our people rest on Your power, not on any pastor's personality.

My message and my preaching were not with persuasive words of wisdom, but with a demonstration of the Spirit's power, so that your faith would not rest on men's wisdom, but on God's power.

1 Corinthians 2:4-5 (BSB)

22 The unity of the Spirit

Holy Spirit, there is one body and one Spirit, and You have made us one. Help us preserve that unity through the bond of peace. Where our church is divided by preferences, personalities or politics, heal us and draw us together.

and with diligence to preserve the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called;

Ephesians 4:3-4 (BSB)

A closing prayer

Father, thank You for the gift of Your Holy Spirit, given to us through Jesus Christ. Fill us, lead us and make us holy. Grow Your fruit in our lives, help us when we do not know how to pray, and give us courage to speak of Jesus. Keep us in the unity of the Spirit, and let the grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us all. Amen.