



HOW TO PRAY IN THE SPIRIT

And Why It Changes Everything

A TEACHING BY

Pastor Morris Mureithi

*Edited for reading from a recorded teaching · LivingSermons
Edition*

Transcribed and Published by LivingSermons.com

How To Pray In The Spirit

Pastor Morris Mureithi

Published By: LivingSermons.com

Watch Live Sermon [Here](#)

Title: How To Pray In The Spirit

Author: Pastor Morris Mureithi

Publisher: Livingsermons.com

© 2026 Livingsermons.com

All rights reserved.

No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, scanning, or otherwise—except for brief quotations in critical reviews or articles, without prior written permission from the copyright holders.

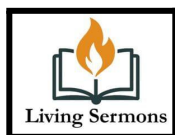
For the advancement of the Gospel of the Kingdom and the edification of the Body of Christ. **Scripture quotations** are taken from the *King James Version (KJV)* of the Holy Bible, which is public domain. **THIS BOOK IS NOT FOR SALE**

All inquiries and permissions:

info.livingsermons@gmail.com

www.livingsermons.com

For Kingdom impact worldwide.



Chief Editor's Foreword

Some teachings are written at a desk. This one was spoken from the heart of a man who says plainly, “This is something I battled with for a very long time.” That honesty is the first thing you will notice in these pages, and it is the reason we believe this message deserves to be held, read slowly, and returned to.

How to Pray in the Spirit began as a recorded teaching by Pastor Morris Mureithi. Its question is one that almost every believer has carried quietly: why do I pray, and still feel that nothing moves? Pastor Morris does not answer with pressure or performance. He answers with Scripture, with gentleness, and with a clear invitation to stop striving and start yielding.

Along the way, he removes the mystery from a phrase that many have been afraid to ask about. He shows that praying in the Spirit begins with the new birth, grows through being filled and walking in the Spirit, and shows itself in four living dimensions: praying in tongues, praying with authority, praying the Word, and praying through surrender.

A word about this edition. Our task as editors was to serve the message, never to change it. The wording, order of thought, and voice of the speaker have been kept. We have removed spoken repetitions and transcription errors, corrected punctuation and grammar, set Scripture references in order, capitalised the Holy Spirit and divine pronouns, and arranged the teaching into chapters with subheadings so that it can be read, studied, and prayed through. Scripture quotations follow the wording of the New King James Version as closely as the spoken message allowed.

Read this book the way it was meant to be received: not as a technique to master, but as an invitation into communion. Keep a Bible close, pause at the prayers, and let the Holy Spirit lead the pace. As Pastor Morris reminds us, the Spirit is not hiding from you. He is waiting for you to understand how to move with Him.

May you finish these pages not merely better informed, but more surrendered; and may your prayer life become what God always intended it to be: real communion.

The Chief Editor
Wisdom Epsi
LivingSermons

Contents

Publisher's Note

Not All Prayer Is the Same

Born Before You Pray

Filled, and Still Walking

Led, Not Leading

Loud Without Being Led

The First Dimension: Praying in Tongues

The Second Dimension: Praying with Authority

The Third Dimension: Praying the Word

**The Fourth Dimension: Praying Through
Surrender**

When the Words Run Dry

When the Mind Drifts

Am I Just Talking to Myself?

Start Where You Are

Four Marks, One Purpose

About the Speaker

About Living Sermons

Join Our Team

We Are Social

Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

The live sermon from which this message was transcribed can be accessed here: [official YouTube Channel](#)

Livingsermons.com does not claim ownership of this message. All spiritual credit and ministerial authority belong to the preacher through whom the Word was delivered. Our role is that of stewards and

editors—serving the Body of Christ by preserving and distributing life-giving messages in accessible digital formats.

Our commitment is excellence without dilution.

Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— ***Livingsermons.com***

A Spirit-led Publishing Stewardship

Main Message

Begins Here

Not All Prayer Is the Same

When Nothing Seems to Shift

Hello, and welcome. Today we are going to talk about how to pray in the Spirit. You see, most people who struggle with prayer are not struggling because they have stopped caring about God. They are struggling because nobody ever sat them down and showed them what it actually means to pray in the Spirit. So they pray, and nothing seems to shift. They speak, and nothing moves. And after a while, they start wondering if God is even listening.

But the problem is not God's attention. The problem is the kind of prayer, because not all prayer is the same.

What Makes Prayer Powerful

Other religions pray. People who do not know Jesus pray. Prayer on its own is not what makes things happen. What makes prayer powerful is when it is in the Spirit.

Today I want to remove the mystery from that phrase. I am not trying to make this spooky or complicated. I want it to be so real, practical, and accessible, because I

believe the Holy Spirit is not hiding from you. He is waiting for you to understand how to move with Him.

This is something I battled with for a very long time.

Born Before You Pray

The Starting Point Most People Skip

Before I talk even about praying in the Spirit, there is a starting point that most people skip entirely. And if you miss this, everything else will feel empty. Jesus said plainly in the Gospel of John:

“That which is born of flesh is flesh, and that which is born of the Spirit is spirit.”

— JOHN 3:6

You cannot operate in a realm you have not entered. You cannot navigate a country you have never been admitted into. To pray in the Spirit, you must first be born of the Spirit. You must be born again. That is the starting line: not religious effort, not good behavior, but a genuine new birth.

Entry and Maturity

There is something that I know many people do not understand. Many believers are born again, and they are still trying to pray in the Spirit with a mind that is still being renewed and a spirit that is full of unprocessed junk. You do not learn your way into the Spirit. You are

born into it, and then you grow in it. There is a difference between entry and maturity.

The Inner Man and Your Prayer Life

So there are many people who try to pray in the Spirit with a renewed mind but a grieved spirit. You cannot separate your spiritual condition from your prayer life. The state of your inner man is always reflected in the quality of your communion with God. And this is what creates a difference when people are praying.

Filled, and Still Walking

A Command, Not a Suggestion

Paul writes to the Ephesians and tells them to be filled with the Spirit. That one word, *filled*, carries great weight, because it is a command. It is not a suggestion. And the tense of the verb in the original language means to keep being filled, continuously. It is not a one-time event.

“Do not be drunk with wine, in which is dissipation; but be filled with the Spirit.”

— EPHESIANS 5:18

The Connection That Runs Through Everything

There is a connection that runs through everything here, and once you see it, you cannot unsee it. You cannot pray effectively in the Spirit if you are not full of the Spirit. You cannot stay full of the Spirit if you are not walking in the Spirit.

And Paul makes that walk very concrete. In Galatians chapter 5, verse 16, Paul says:

“Walk in the Spirit, and you shall not fulfill the lust of the flesh.”

Walking Is Not a Feeling

Walking in the Spirit is not a feeling you chase. It is not a spiritual high you have to maintain. It is a moment-by-moment surrender: sensitivity to conviction, obedience to promptings, alignment with the Word, and yieldedness in the small daily decisions that nobody else sees. The person who walks in the Spirit in private is the one who prays in the Spirit in public.

When Prayers Seem to Go Unanswered

Do you remember the scripture that says you have not because you ask amiss? And then the Bible continues to say that you ask to serve your own flesh, your own desires, that you may get the answers to fulfill your own lust (James 4:2–3). That gives us a better understanding.

Led, Not Leading

The Clearest Answer

So what does it actually mean to pray in the Spirit? Paul gives us the clearest answer in Ephesians chapter 6. He is talking about spiritual warfare, the full armor of God, and right at the end he says:

“Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.”

— EPHESIANS 6:18

Praying in the Spirit is when your prayer is inspired, directed, and empowered by the Holy Spirit. Not driven by your emotions, not limited by your vocabulary, and not shaped only by your own list of needs. It is prayer where you are not the one in the lead. You are following the Holy Spirit.

How Do You Know It Is Happening?

I do not want this to be vague. I want this to be practical. How do you know when that is actually happening? Your prayers align with the Scriptures. There is an inner witness, a peace underneath the words. Sometimes you

are saying things you did not plan to say, but they carry a weight you can feel. You are not reacting to your circumstances. You are responding to God. You are responding to the Father. That is the prayer of faith.

Responding, Not Reacting

That is the difference. The difference between prayer in the Spirit and the other kinds of prayer is that prayer in the Spirit responds to God. The prayer that is just normal and casual reacts to problems and circumstances.

So praying in the Spirit is not praying about spiritual things. You can talk about spiritual topics in the flesh. Praying in the Spirit means the Holy Spirit is the source and the direction. Your role is to stay yielded, not to stay impressive.

Loud Without Being Led

Praying Hard, Yet Nothing Moves

Let's deal with something that is going to step on some toes. A lot of believers are praying hard. They are praying long. They are loud. They are consistent. They are showing up. And somehow things are still not moving. Can we be honest? The question nobody wants to ask out loud is: what is going wrong?

Vain Repetitions

Jesus addressed this directly. He told His disciples not to use vain repetitions when they pray, like people who think they will be heard because of the volume or the length of their words. The phrase “vain repetition” is not about words that are empty in content. It is about words that are empty in the Spirit. So Jesus was not banning people from repetition.

“And when you pray, do not use vain repetitions as they do, for they think they will be heard for their many words.”

— MATTHEW 6:7

Intensity Is Not Alignment

I have been in prayer meetings, and I have done a lot of prayer, where the volume was high and the Spirit was absent. I have also been in quiet rooms where two people, barely above a whisper, and the atmosphere was shaking. Intensity is not the same as alignment. You can be loud without being led. You can be emotional without being in the Spirit.

Prayer that is driven by anxiety is just noise with religious words attached to it. But prayer driven by revelation carries authority. The difference between the two is not effort. It is the source. One comes from trying hard. The other comes from being surrendered.

Ask a Better Question

Stop asking, “Am I praying enough?” Start asking, “Am I praying from the Spirit or from anxiety? Am I responding to God’s Word and God’s promises, or reacting to my problems?” Because the volume of your prayer does not determine its power. It is the source. Where are your prayers originating from? And that is why we must come back to the first point I brought out: being full of the Spirit, and walking in the Spirit.

A PRAYER

*Lord, I repent for the prayers I have offered that
were more about my panic than Your direction.*

*Teach me the difference between striving and
flowing. I want to pray from rest, not from fear.*

The First Dimension: Praying in Tongues

Four Dimensions of One Reality

Let me give you something even more practical: four ways that praying in the Spirit actually shows up in real life. This is the most important part. These are not formulas. They are dimensions of the same reality.

Praying in Tongues

The first is praying in tongues. I know that word makes some people uncomfortable, so let me be straightforward about what the Scripture actually says. I have also taught on praying in tongues in a separate message; if you can, go back and listen to it.

“For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries.”

— 1 CORINTHIANS 14:2

“But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.”

— JUDE 1:20

Bypassing Your Limitation

When you pray in tongues, it bypasses your limitation. Your mind may not know what to pray, but your spirit does. When you are going through something so heavy that words cannot carry it, the Spirit prays through you with language that goes beyond what your brain can construct. You are speaking mysteries to God and aligning with God's agenda at the same time. That is not theatrics. That is a gift.

Praying in the Spirit means praying in tongues.

The Second Dimension: Praying with Authority

Enforcing What Is Already Settled

The second dimension is praying with authority. Jesus gave His disciples authority over all the power of the enemy. Paul tells us in Colossians that through the cross, principalities were disarmed. That means when you pray, you are not asking God to deal with something He has already dealt with. You are enforcing what has already been settled. The second way we pray in the Spirit, it actually means praying in authority.

“Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.”

— LUKE 10:19

A Prayer That Begs, a Prayer That Commands

There is a difference between a prayer that begs and a prayer that commands. Both can be sincere, but one comes from a person who knows who they are and what

Christ has already accomplished. And the other comes from someone still trying to earn a response from God.

Identity and Authority

Authority in prayer is not about volume, or confidence in yourself. It is about knowing who God is, knowing who you are in Christ, and knowing what the cross finished. Prayer changes when your identity does.

A PRAYER

Lord, teach me to pray beyond my mind, beyond my emotions. Let Your Spirit take over my life. Where I am weak, be my strength. Where I have been full of noise, bring holy stillness. I don't want to pray powerless prayers anymore. I step into alignment with You, in Jesus' name.

The Third Dimension: Praying the Word

The Words That Are Spirit

The third dimension is praying according to the Word of God. John 6:63 says the words of Jesus are spirit and life. And First John tells us that if we ask anything according to His will, He hears us.

*“Now this is the confidence that we have in Him,
that if we ask anything according to His will, He
hears us.”*

— 1 JOHN 5:14

The Holy Spirit will never contradict the Scripture. So if your prayer is not word-based, it is not Spirit-led. It is being led by something else.

Turning Scripture into Prayer

A practical way to do this is to turn Scripture directly into prayer. If you are going through financial pressure, you do not just ask God for help. You remind Him of what He has said: “Lord, You said You are my Shepherd; I shall not lack. I stand on that today.” That is not just positive thinking.

The Fourth Dimension: Praying Through Surrender

The One Most People Miss

The fourth dimension is one most people miss entirely, and it may be the most important. It is praying through surrender. Now, this one I want to go deeper with. Romans chapter 8 says the Spirit helps our weaknesses and makes intercession through us with groanings that cannot be uttered. That is not a metaphor. That is a real spiritual experience where the Holy Spirit is praying through you.

“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.”

— ROMANS 8:26

Prayer Beyond Words

Sometimes praying in the Spirit is not even speaking. It is sitting quietly before God and letting Him move through you. It is the groaning you cannot explain. It is

the tears that come with no clear cause. It is the deep burden that settles on you for someone you have not been thinking about. That is not weakness. That is Spirit-led intercession. And it is some of the most powerful prayer that can happen.

Sometimes you just feel something here, or you feel something in your belly. It is something you cannot explain, but it is a groaning.

When the Words Run Dry

Talking to the Ceiling

Let me speak to those of you who feel spiritually dry right now. You sit down to pray and nothing comes. You open your mouth and it is quiet inside. You feel like you are just talking to a ceiling. You feel like you are talking to yourself. That feeling is more common than most Christians admit. And it does not mean something is wrong with you. It means you just need a different entry point.

A Different Entry Point

God never designed prayer to depend on your vocabulary or your emotional state on any given day. When you do not have words, you pray in tongues. When you do not have words, you sit in His presence and let your heart express what your mouth cannot. When you do not have words, pick up the Bible.

Sometimes the most powerful prayer you will ever offer is not articulate. It is authentic. A groan from a person who is genuinely surrendered reaches God just as clearly as beautifully constructed intercession.

Dryness Is Not Distance

Spiritual dryness is not distance. Sometimes it is God removing the scaffolding of your usual prayer habits so that something deeper can grow. When the words stop, don't stop. Just shift from speaking to yielding. There is something God is leading you to.

When the Mind Drifts

Let Me Be Honest

Let me be honest about something. You start praying in the Spirit, and three minutes in you are thinking about what you need to do later. Your mind drifts to a conversation from two days ago. You get halfway through intercession and realize you have been mentally replanning your schedule for the last five minutes. You know your mind will always try to drift. This is not a sign that you are not spiritual. It is a sign that you are human.

When your mind is drifting during prayer, it does not mean that you are not praying in the Spirit.

It Is a Yieldedness Problem

But here is what is actually happening when prayer drifts. Surrender weakens. It is not a focus problem. It is a yieldedness problem. The moment you unconsciously take back control of the session, the Spirit-led flow stops. The remedy is not to shame yourself and start over. It is to notice the drift, pause, realign, and then re-yield.

Practical Ways to Return

Practically, this looks like:

- Staying anchored in the Word, so your mind has something to return to.
- Using tongues to reset your focus when your mind wanders, if you pray in tongues.
- Slowing down, so you are not racing through prayer like it is an item to check off.
- Remembering that prayer is not a speech you are delivering. It is a relationship you are in.

Am I Just Talking to Myself?

The Question Almost Everyone Has Thought

This is the question that almost nobody asks out loud but almost everyone has thought: How do I know the Holy Spirit is actually directing my prayer, and that I am not just talking to myself?

I want to answer this honestly, because I think the way people usually answer it is not that helpful. They say things like, “You will just know.” And for someone who has never felt that clarity, that answer is not clear.

Discernment Markers

Jesus said the Spirit of truth will guide us into all truth. John also tells us that the spirit that confesses Christ is from God. And Paul tells us the fruit of the Spirit includes peace. Those are not vague spiritual feelings. Those are discernment markers. You can actually test.

“However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.”

— JOHN 16:13

What the Spirit’s Leading Looks Like

When the Holy Spirit is directing your prayer, what you are praying aligns with Scripture. Not around it, not despite it, but in line with it. There is a peace underneath the prayer, not performance anxiety.

What you are saying glorifies Jesus, not yourself. There is an authority in the words that surprises you, because it is not from you.

Now, the flesh is loud and anxious. It is always pushing, always driving, always trying to make something happen.

But the Spirit is firm and peaceful. And prayer in the Spirit always transforms, always leads you into revelation, always gives you clarity and vision, and always leaves you with peace rather than agitation. You are not just talking to yourself.

Three Questions After Prayer

So ask yourself these three questions after prayer:

- Did what I prayed align with Scripture?
- Did it glorify Jesus?
- Did I feel peace, or performance?

The Spirit always produces all three. The flesh, honestly, rarely produces any of them.

Start Where You Are

Prayer Is for Spiritual People

So praying in the Spirit is not reserved for people with a title or a platform, an apostle or a pastor. It is not for those who have been walking with God for thirty years, or fifty years. It is not for those who love fasting. It is for spiritual people. And you become spiritual not by accumulating knowledge, but by practicing surrender every day, in the small moments, in the quiet.

The Spirit is not difficult to find. He lives in you. The question is: how much of your prayer life are you willing to hand over to Him?

Power and Surrender Come Together

Some people want to feel the power of Spirit-led prayer while staying fully in control of the conversation. It doesn't work that way. The power and the surrender come together. The more surrendered you are in prayer, the more powerful you are.

Begin Simply

So start where you are. If you have the gift of tongues, use it, especially when words fail. If you do not, begin by

praying the Word back to God and asking Him to teach you to hear. Slow your prayers down. Stop performing. Start listening as much as you speak, and be patient with yourself in the learning, because the Holy Spirit is patient with you.

Don't try to copy the way your pastor or the people around you pray. God loves the way you pray, if you are praying according to the Word, praying so that He can be glorified, so that you can know Him more, so that you can go deeper in your relationship with Him. That is prayer in the Spirit.

Prayer in the flesh draws you to yourself. Prayer in the Spirit draws you to God. You are not made for religious noise. You are made for real communion.

Four Marks, One Purpose

The Four Marks of Praying in the Spirit

I hope this helped you. I hope this blessed you. So when we say you are praying in the Spirit, these are the four things you look at:

- **Number one:** praying in tongues.
- **Number two:** praying according to the Word of God.
- **Number three:** praying with authority, knowing who God is to you, who you are to God, and the finished work of Christ.
- **Number four:** a surrendered prayer.

Worship: The Doorway to Surrender

And if you want to surrender easily in your prayers, use worship. If you have thirty minutes to pray, spend twenty minutes worshipping. And you can even pray for the whole world in ten minutes. That is a secret.

The First Evidence Is Transformation

Those are the four ways when we say praying in the Spirit. The first evidence that you pray in the Spirit is transformation: God changing you, more than you stepping into the results and the destination.

If we come to God and pray to Him only so that we can have results, we are using God. We are treating God as our servant. But when we come to God with the mindset, “Lord, prayer is for intimacy, for communion, that I may become like You,” that prayer is powerful. And that is how you pray in the Spirit.

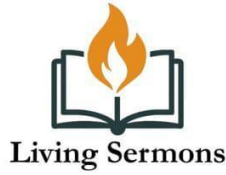
A CLOSING PRAYER

Let Us Pray

AMEN

Lord, teach me to pray beyond my mind, beyond my emotions. Let Your Spirit take over my life. Where I am weak, be my strength. Where I have been full of noise, bring holy stillness. I don't want to pray powerless prayers anymore. I step into alignment with You, in Jesus' name. Amen.

I obtain grace to pray in the Spirit. God bless you.



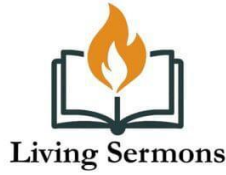
About the Speaker

Pastor Morris Mureithi is a teacher of God’s Word with a distinct emphasis on inner transformation, spiritual authenticity, and a life fully yielded to the leadership of the Holy Spirit. His ministry is marked by clarity, depth, and a sincere pursuit of truth—calling believers beyond surface-level Christianity into a genuine, experiential walk with Christ.

With a teaching style that is both thoughtful and piercing, Pastor Morris addresses the often-overlooked realities of the Christian life, particularly the tension between the flesh and the Spirit. His messages are not merely informational; they are deeply introspective, designed to awaken conviction, stir hunger for God, and lead listeners into lasting transformation.

He carries a burden to see believers grounded in truth, free from performance-driven spirituality, and anchored in the revelation of Christ's worth. Through his teachings, many are challenged to move past routine and into real encounters with God—where true change takes place.

Pastor Morris Mureithi continues to minister with a focus on raising believers who are spiritually discerning, inwardly aligned with God's purposes, and committed to a life of daily surrender.



About Living Sermons

Living Sermons is a Spirit-led publishing platform dedicated to transforming timeless messages of God's servants into books that can reach and impact lives across the world.

Our mission is simple: to preserve the wisdom, revelation, and anointing carried in the preached Word and make it accessible in formats that can be studied, shared, and revisited for generations. By turning sermons into high-quality Christian books and eBooks, we extend the life and influence of each message far beyond the pulpit.

At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and

present them in a way that maintains the preacher's unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

Living Sermons—*the preached Word in lasting form.*



Join Our Team

Our Vision

To become the world's largest digital archive for ebooks transcribed from live sermons, preserving and spreading the spoken Word of God across nations and generations.

Our Mission

At LivingSermons.com, our mission is to take the living voice of God spoken through His servants and transform it into accessible PDF resources, making salvation-centred truth available to the ends of the earth. We believe that the spoken Word carries divine power, and by preserving these messages in written form, we help extend their reach beyond pulpits, borders, and generations.

Why We Exist

Many life-changing sermons are preached and forgotten while some deteriorate over time. We exist to preserve these divine utterances, making them available for study, meditation, discipleship, and spiritual growth. Through this work, we are committed to ensuring that no revelational truth is lost, but that every inspired message can continue to speak, heal, transform, and bring men into the knowledge of Christ.

We Are Social

Instagram: [instagram.com/livingsermons](https://www.instagram.com/livingsermons)

Facebook: <https://facebook.com/livingsermons>

Join Over 161k members in the [LivingSermons Community](#)

YouTube Channel:

<https://www.youtube.com/@OfficialLivingSermons>