

2025 Toronto Kanglim Church Lent 6-Week Small Group Meeting #6 (2025.04.13)



Chapter 46.

Prayer and Spiritual Growth

[Open your heart, praise and share]

- Hymn 538/ If you are tired of the load of your sin, (Once Again)
- Let's catch up with each other about how we've been doing this past week.

[Bible Readings: John 12:24]

I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

(Introduction)

The saying that wheat must fall to the ground and die means that the husk of the wheat must rot and be removed so that the seed inside can take root in the soil and grow.

It means that the seed will take root in the soil and grow.

If one grain of wheat remains, the seed will not be able to take root in the soil and eventually the whole wheat will be damaged and die.

1. The physical shell must decay for the spirit to take root.

(John 12:24) I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

The husk of a wheat grain must rot and be removed before the seed can take root. The flesh and soul of a human being must rot and be removed before the spirit can take root, grow, and bear fruit. Every Christian has spiritual life within him. Through prayer, the flesh gradually weakens, and the spirit grows.

2. Prayer grows the inner man.

(2 Corinthians 4:16) Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

People have an outer person and an inner person. The outer person refers to the person of the flesh, and the inner person refers to the person of the spirit. When we pray, the outer person becomes old, but the inner person becomes new and grows. Prayer is the growth of the inner person.

(Romans 7:22-23)

For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members.

2025 Toronto Kanglim Church Lent 6-Week Small Group Meeting #6 (2025.04.13)

The spiritual world is relative. When the flesh is strong, the spirit is extinguished, and when the spirit is full, the flesh is extinguished. The way to overcome the physical nature is to be full of the spirit, and the physical nature gradually extinguishes.

(Romans 7:22) For in my inner being I delight in God's law;

When we follow God's laws that please our inner self, our fleshly nature gradually deteriorates.

3. Prayer is a spiritual exercise.

(1 Corinthians 14:14)

For if I pray in a tongue, my spirit prays, but my mind is unfruitful.

Speaking in tongues is praying with the spirit. Prayer is the spirit working, being filled with the spirit, and having spiritual action. Prayer is spiritual exercise. When you sweat and exercise, your muscles develop, and your stamina increases.

When you move your body a lot, your body becomes stronger. Prayer uses the spirit. When you pray, your spiritual power grows and becomes filled.

[Sharing]

1. Let me share with you the power, experience, and grace of prayer that I have experienced.
2. Let's look back on our faith and life over the past six weeks and share what we would like to grow further in.

[Let's gather our hearts and pray together]

1. A Life of Repentance_ Please help me to have a deep fellowship with the resurrected Lord by meditating on the Bible every day.
2. Community _ Let the church not be ashamed of the gospel but live as witnesses of the resurrection.
3. Share prayer requests for intercession for the saints during Lent.

Concluding Prayer (from the members)

Conclude with the Lord's Prayer