



## The Spirit Helps Us Pray

Romans 8:26-27

### Sermon Sentence

The Spirit Helps Us in Our Weakness by Interceding for Us according to the Will of God.

### The Spirit Helps Us in Our Weakness

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for...*

Romans 8:26a (NIV)

## by Interceding for Us

*...but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit...*

Romans 8:26b–27a (NIV)

## according to the Will of God.

*...because the Spirit intercedes for God's people in accordance with the will of God.*

Romans 8:26–27 (NIV)

## Read It!

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.<sup>27</sup> And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

Romans 8:26–27 (NIV)

## Open It!

Who has helped you learn to pray? What did their help look like?

## Consider It!

Paul uses a word for help that only appears four times in the Bible. Help means to take up with, lend a hand together with, or share in carrying a load. Look at these four passages to identify who, what and how someone needs help.

- Exodus 18:13-22 (v. 22)
- Numbers 11:16-17 (v. 17)
- Luke 10:38-40 (v. 40)

Our weakness in prayer is defined by Paul as not knowing what to pray or to ask regarding a particular need (8:26). For what kinds of needs do you find it challenging to pray?

Who is the one that knows our hearts and the mind of the Spirit (8:27; 2 Chronicles 16:9; Psalm 139:1, 23; Proverbs 17:3; Acts 1:24)?

What help does the Holy Spirit give us in our praying (8:26-27)?

What do you find encouraging in this passage?

How might your prayer life change because of these promises?

## Live It!

Make a prayer list of difficult things, the things for which you don't know how you ought to pray.

Take these difficult things to the Lord in prayer.

*Heavenly Father, I need your help. Sometimes I don't know how to pray. I thank you for the gift of your Holy Spirit who lives in me. I am grateful that He helps carry my unexpressed burden to you in prayer. Today I bring (name the difficulty) to You knowing that Your Spirit will intercede on my behalf according to your perfect will. Thank you, in the name of Jesus, Amen.*