

Romans 8:26-27

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. 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. Do you feel strong or weak in your prayer life? Everyone struggles in their prayer life from time to time. Richard Foster, on prayer:

"Who can ever master something in which the main objective is to be mastered?"

Even Paul — an apostle — can relate to this feeling of weakness in prayer. He says, "The Spirit helps US in OUR weakness."

1. Demanding our way in prayer.

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- 3. Dryness in prayer.
- 4. Distractions in prayer.
- 5. Discouragement in prayer.

God has given us a <u>superpower</u> to help in our prayers. More precisely, He has given us a <u>super-presence</u>: the Holy Spirit.



The word "intercede" means "to plead" or "to appeal."

The word "groaning" can also mean "sighing."



There is a way of praying that is deeper than saying.



What comes to mind when you hear that the Holy Spirit "groans" on your behalf as you're praying?

