

The Groaning of The Holy Spirit (pt. 1)

Romans 8:26-27

I. The Spirit Helps Us In Our Weakness (v. 26a)

A. Physical weakness

B. Emotional weakness

C. Spiritual weakness

II. The Spirit Intercedes With Groanings (v. 26b)

- A. We don't always know how to pray
- B. The Spirit knows how to pray for us

5 Ways Jesus Prays for Believers

1. Jesus prays for believers in His high priestly prayer
2. Jesus prays for Peter's faith
3. Jesus intercedes continually for believers now
4. Jesus is our advocate before the Father
5. Jesus promises the Father will answer His requests

While you were praying imperfectly, the Spirit is interceding for you perfectly, which means...

1. Your prayers do not have to be perfect to be **powerful**
2. Your prayers do not have to be eloquent to be **effective**
3. Your prayers do not have to be theologically sophisticated to be **heard**

II. The Spirit Intercedes With Groanings (v. 26b)

- A. We don't always know how to pray
- B. The Spirit knows how to pray for us
- C. The Spirit's groanings are too deep for words

III. The Spirit Aligns His Prayers With God's Will (v. 27)

TAKE HOME:

- When your prayer life feels weak or distracted, do you become discouraged—or do you lean on the Spirit's help?
- What burden in your life right now feels too heavy for words, and have you brought that burden honestly before the Lord?
- If the Spirit Himself is interceding for you, how might that truth give you renewed confidence to pray this week—even in weakness?