

ON YOUR KNEES: When you just don't know what to say!

Romans 8:26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. **Romans 8:27** And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

Prayer is not different than life since prayer **is** your life.

Problems may feel too big, too complicated, too messy, too hopeless, too dug in, too hard....

1. (Based on the Finished Work of Christ) The Holy Spirit makes prayer possible.

Ephesians 2:18 For through him we both have access by one Spirit unto the Father.

Ephesians 3:12 In whom we have boldness and access with confidence by the faith of him.

Romans 8:15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

Galatians 4:4 But when the fulness of the time was come, God sent forth his Son, made of a woman, made under the law, **Galatians 4:5** To redeem them that were under the law, that we might receive the adoption of sons. **Galatians 4:6** And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father. **Galatians 4:7** Wherefore thou art no more a servant, but a son; and if a son, then an heir of God through Christ.

2. The Holy Spirit also helps us when we pray!

Romans 8:26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. **Romans 8:27** And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

John 14:16 And I will pray the Father, and he shall give you **another** Comforter, that he may abide with you for ever; **John 14:17** Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. **John 14:18** I will not leave you comfortless (ὀρφανούς): I will come to you.

The Holy Spirit comes alongside to aid us, help us, hold us up...

3. The Holy Spirit (specifically) helps us with our weaknesses

Romans 8:26 Likewise the Spirit also helpeth our infirmities (ταῖς ἀσθενείαις): for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

Weaknesses / infirmities:

- We are human

- We are finite

- We are so finite
- We are limited in unlimited ways!

4. The Holy Spirit intercedes for us when we don't have the words!

Romans 8:26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: **but the Spirit itself maketh intercession for us with groanings which cannot be uttered.**

Galatians 4:6 And because ye are sons, **God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father.**

Ephesians 6:18 Praying always with all prayer and supplication **in the Spirit**, and watching thereunto with all perseverance and supplication for all saints;

More often than not:

- We don't know what to pray for
- We don't have the words
- We can only moan & groan
- The Holy Spirit intercedes → for us!

5. The Holy Spirit intercedes according to the Will of God

Romans 8:27 And he that searcheth the hearts knoweth what is the mind of the Spirit, **because he maketh intercession for the saints according to the will of God.**

1 John 5:14 And this is the confidence that we have in him, **that, if we ask any thing according to his will, he heareth us: 1 John 5:15** And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.