

## **“The Lord Who Helps Us Pray”**

Message Notes, January 9, 2022

### **Romans 8:26-27**

<sup>26</sup> 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.

We groan deeply from the depths of our hearts, for the perfection of salvation. We have already been saved through faith in the Lord Jesus Christ, but we have not reached perfection.

### **Paul’s Groaning**

#### **Romans 7:19-25**

<sup>19</sup> For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. <sup>20</sup> Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. <sup>21</sup> So I find this law at work: Although I want to do good, evil is right there with me. <sup>22</sup> For in my inner being I delight in God’s law; <sup>23</sup> but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. <sup>24</sup> What a wretched man I am! Who will rescue me from this body that is subject to death? <sup>25</sup> Thanks be to God, who delivers me through Jesus Christ our Lord!

Continuing into Chapter 8, based on the laws of sin and death, Paul speaks of the gospel of salvation and deliverance by the Holy Spirit “because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.” (Romans 8:2)

In 8:25-26, Paul talks about prayer as the way to experience the power of victory that Jesus Christ won for us through His death on the cross and His resurrection. This is the reason why prayer is important. However, we have a weakness in our prayers—we do not know how to pray for the completion of our salvation. Thus, we groan in our hearts, alone and in secret. Thankfully, we are blessed that our groans are not solitary, because the Holy Spirit joins with us in them.

The Holy Spirit probes deeply into our deepest groans, cries, desperate needs, pains, loneliness, fears, helplessness, and worries, none of which can be expressed in words. He shares them with us, groaning with us, and he bears our sufferings, lightens our burdens, and even intercedes for us according to God the Father’s will. He reveals to us God’s true and perfect answer.

When our prayers are led by the Holy Spirit, our hearts are transformed day by day, into a place where springs of water well up.

### **The Worthy Example of Jesus Christ**

- Woke early in the morning (Mark 1:35)  
“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”
- In the midst of busyness (Luke 5:15-16)
- At the end of the day (Matthew 14:23)
- Praying all night (Luke 6:12-13)
- Before His death (Luke 22:41; 23:34)

### **Those Who are Used for God’s Work are All People of Prayer**

Abraham, Moses, Samuel, David, the prophets, Daniel, the apostles, etc.

**Isaiah 26:9a**

My soul yearns for you in the night; in the morning my spirit longs for you.

God reveals His will to those who pray this way.

**The Help of the Holy Spirit in Prayer**

- Pray with a contrite heart (Isaiah 57:15) “I live with the one who is contrite and lowly in spirit”
- He helps and guides us to pray constantly (1 Thessalonians 5:16-18) “<sup>16</sup> Rejoice always, <sup>17</sup> pray continually, <sup>18</sup> give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”
- Pray from the bottom of your heart—Prayers in the Psalms
- Pray without giving up, continuing to believe (Luke 11:9-13)  
<sup>9</sup>“So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. <sup>10</sup>For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. <sup>11</sup>“Which of you fathers, if your son asks for a fish, will give him a snake instead? <sup>12</sup>Or if he asks for an egg, will give him a scorpion? <sup>13</sup>If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”
- Pray at all times (Ephesians 6:18) “And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

As we pray in submission to the Holy Spirit, He will lead us to pray in accordance with God’s will. (1 John 5:14) “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

When the Holy Spirit, the Spirit of prayer, helps and leads our prayers, our prayer life will be greatly changed, and it will change us