



## *For Further Study*

Read and meditate on the passage below:

26 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. 27 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)

These verses come from Paul's letter to the church in Rome. In a passage where Paul explains how we are not condemned and that nothing can separate us from the love of God, he inserts a few verses about the inner working of the Spirit of God. God is Spirit, and God lives in internal relational harmony.

Conversely, we are not in complete harmony with God and need divine assistance to know and live according to the goodness of God. So, Paul says that the Spirit helps us in our weakness. Instead of abandoning us in our struggles and shortcomings, God meets us where we are and provides assistance. Specifically, Paul speaks of how the Spirit of God (who connects with our spirit) can take our prayers and intercede on our behalf. When we do not even know what to pray, have no words to pray, or pray in a way that is not best for us, God helps us out by interceding on our behalf.

Unlike the gods and goddesses of the ancient world, God lives in unity and oneness, which is also what God wants for us. So, for the Spirit to pray on our behalf is a prayer for what is best for us to experience God's will and abundance in our lives.

So, you are free to pray even if: 1) words do not come, 2) you are torn on what to pray for, or 3) if you pray for something that is not best for you. Remember, God knows what is best and has your best interest at heart. The Spirit is praying for you and with you!

**PRACTICE:**  
Spend time this week  
praying in the Spirit.

