

The Holy Spirit Prays for Us

Romans 8:26

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Just as hope proves to be a buffer against weariness and discouragement in times of suffering, so the Holy Spirit helps us in our weakness when we don't know what we ought to pray for. Time and again Christians find themselves at their wits end, wondering what the will of God is for them in this situation. They find themselves lamenting, "If only I knew what the Lord wanted me to do; if only I knew what to pray for." At such times the Holy Spirit steps in and does for us what we're at a loss to do for ourselves. "The Spirit Himself intercedes for us with groans that words cannot express."

The "saints" for whom the Holy Spirit intercedes are not some especially pious and good Christians but are those who are holy by their faith in Christ – in other words, all believers. Therefore, help in prayer is a service the Holy Spirit renders to all Christians. That does not release us from God's command and encouragement to pray, but it does cover for us when we do it poorly or too little. And unlike many of our bumbling prayers, the Holy Spirit's prayers for us are always on target, always "in accordance with God's will."

Have you ever asked someone to pray for you? I am sure you have. We feel comforted in the knowledge that others are praying for us. And have also said, "I don't even know what to pray for" or words to that effect? How encouraging to know that someone, whose head is clearer at the moment, is praying with us! This person will know better what ought to be asked. And if that person is experienced in prayer and knowledgeable of God's will as revealed in the Scriptures, so much the better. We need prayer allies like that.

How about the best prayer partner of all – the Holy Spirit Himself! If anyone knows how our prayer ought to be said, He does! If anyone knows the mind of the Lord, He does! If anyone knows our real needs, He does! What a prayer partner to have! What a prayer partner we have as we wait patiently for our dreams to come true, for our hope to be fulfilled!

The word "groans" literally means "in groans unspeakable or with sighs too deep for words." Words often fail us in prayer. We are overwhelmed by circumstances and anxiety. We cry out for relief. Sometimes, too, our hearts are numb. We cannot think clearly enough to know what we need from God. Our perspective is so limited compared to His. In times like that, our cries to God take form in groans or sighs through which the Spirit speaks to God on our behalf.

Prayer: Dear Holy Spirit thank you for being my prayer partner. Help me to not be slow in coming to you for your assistance. Amen.