

# Jesus Strong

# PRAY!

Rom. 8:26-27

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. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

8 Rocks of Truth

1. Grace
2. Holy Spirit
3. Abba!
4. Heaven
5. Pray!

Muslim call to prayer  
Western wall in Jerusalem  
Buddhist prayer wheel

Lord's Prayer

Our Father in heaven

Hallowed be Your name

Your kingdom come

Your will be done, on earth as it is in heaven

Give us this day our daily bread...

... and forgive us our debts

as we also have forgiven our debtors

And lead us not into temptation,

but deliver us from evil

For Thine is the kingdom

and the power

and the glory forever.

AMEN

Seek the Lord and His strength;

seek His presence continually.

Ps. 105:4

We find the strength of Jesus

as we pray...

## **1. In our weakness – The Holy Spirit helps us!**

Likewise the Spirit helps us in

our weakness. Rom. 8:26

“infirmities” – (KJV) sickness; pestilence; trouble

Weak?

- . Physically
- . Emotionally
- . Mentally
- . Spiritually
- . Relationally

The Lord is near to the broken hearted and saves the crushed  
in spirit. Ps. 34:18

“Helps” - found only in Lk. 10:40

“Lord, do you not care... Tell her then to help me.”

- to come to our aid; to carry a load

The Lord is our Helper!

- He is our help and our shield.

Ps. 33:20; Ps. 115:9

- always ready to help in times of trouble. Ps. 46:1

The Holy Spirit is our Helper –

Jn. 14:16

He helps us (present tense)

“helps and keeps on helping.”

So we can confidently say, “The Lord is my helper, I will not fear, what can man do to me?”

Heb. 13:6

The Lord is my strength and my shield; in Him my heart trusts,

and I am helped! Ps. 28:7

When the righteous cry for help,

the Lord hears and delivers them out of all their troubles.

Ps. 34:17

God is our refuge and strength a very present help in trouble. Ps. 46:1

My help comes from the Lord,  
who made heaven and earth.

Ps. 121:2

What does His help look like?

- . Inner strength
- . Wisdom
- . Perspective – focus
- . Open doors – closed doors

- . Fruit – character qualities
- . Answers to prayer
- . Peace

## **2. In our ignorance – The Holy Spirit intercedes for us.**

For we do not know what to pray for as we ought... Rom. 8:26

Vision problem

Now we see in a mirror dimly..

1 Cor. 13:12

So that we may no longer be children tossed to and fro by the waves... Eph. 4:14

We walk by faith not by sight

2 Cor. 5:7

We pray but...

- . We pray selfishly
- . We pray “short term” in mind
- . We pray with limited “sight”
- . We pray influenced by Satan’s or the world’s deception
- . We pray seeing the “flesh” as the priority

17,000

The number of pieces of undelivered mail a Brooklyn postal worker has stashed in his vehicle, apartment and work locker since at least 2005. Authorities said he claimed to have been “overwhelmed” by his workload.

... but the Spirit Himself intercedes for us

- A personal commitment to every Christ-follower
- A personal relationship with every Christ-follower

To “intercede” – an advocate; a mediator; a bridge; a prayer warrior; emissary

Jesus intercedes for us -

Rom. 8:34

Heb. 7:25

- He knows us perfectly
- He knows the Father perfectly

...with groanings too deep  
for words.

Creation groans - Rom. 8:22

Christ-followers groan – Rom. 8:23

Not speaking in tongues

- tongues not mentioned in this letter
- not us – groaning, but the Holy Spirit to the Father
- . He cares deeply
- . He communicates deeply

### **3. In our confusion – the Holy Spirit knows the will of God for us.**

And He who searches hearts...

Rom. 8:27

... knows what is the mind  
of the Spirit

... because the Spirit intercedes for the saints...

“So we can simply pour from the fullness of our heart the burden of our spirit and the sorrow that seems to crush us. We can know that He hears, loves, understands, receives, and separates from our prayer everything that is in error, imperfect, or wrong. And then He presents the remainder, along with the incense of the great High Priest, before His throne on high. We may be assured that our prayer is heard, accepted and answered in His name.” A. B. Simpson

According to the will of God.

God's plan for your life –

“Your will be done”

God's plan for His kingdom

“Your kingdom come ...”

God's plan with eternity in perspective

God's plan for His glory

To discern what is the will of God, what is good and acceptable and perfect. Rom. 12:2

Doing the will of God from the heart. Eph. 6:6

Holy Spirit

- help me in my prayers
- I am weak
- I need Your help
- I am ignorant – I need Your insight
- I am confused – I need to know Your will.

Rock of Strength!

PRAY!