

Romans 8:26–27

26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

27 Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.

## **The Holy Spirit Helps**

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

Our study of Romans 8 is a study of the Holy Spirit.

[1] We learned in (v. 9) the Holy Spirit lives in each of us.

[2] In (verses 10-11) the Holy Spirit makes us alive to God and dead to sin.

[3] He gives us the ability to kill sin in us (vs. 13-14).

[4] The Holy Spirit gives us assurance that we are God's (vs.14-16).

[5] The Holy Spirit provides the strength we need to get through the suffering we do in this present life and helps us to hope patiently for the Lord's unveiling.

To this impressive list of the Holy Spirit's ministry in us Paul adds another. Just like the way creation groans and we groan waiting eagerly for this age to pass and eternity to begin, the Holy Spirit helps us, also groaning as we hope in this present age. Paul tells us the Holy Spirit helps us and a specific area of His helping,

#### **I. The Holy Spirit Helps Us in Our Weakness (v. 26)**

#### **II. How He Helps (v. 27)**

## I. The Holy Spirit Helps Us in Our Weakness (v. 26)

***“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.” (Romans 8:26)***

A. We begin with the connecting adverb, “likewise.” The word means “in the same way” or “in a similar way”. The point is the Holy Spirit does something like something Paul just talked about.

Our verse describes the Holy Spirit “groaning.” Twice in the context, Paul used the word “groan.” He told us creation groans and we who have the first fruits of the Spirit of God “groan,” Just like we groan, waiting for the Lord’s return and the revelation of the sons of God in this present age, in a similar fashion the Holy Spirit groans.

B. Before we get to the groaning we need to deal with the first thoughts. ***“The Spirit helps us in our weaknesses.”*** Weakness can refer to any lack of strength we experience. Weakness can be physical, it can be emotional, and it can be spiritual. The fact is we have all three, maybe not at all times, but often.

1. We were spiritually without strength before Christ saved us. ***“For when we were still without strength, in due time Christ died for the ungodly.” (Romans 5:6)***

2. We were without strength in our ability to please God before salvation. ***“For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh.” (Romans 8:3)***

3. One illustration of physical, emotional, and physical weakness is in ***1 Corinthians 2:3. “I was with you in weakness, in fear, and in much trembling.”*** Paul was physically, emotionally, and spiritually exhausted when he arrived at Corinth.

4. Does the Holy Spirit take hold of us and help us in each of these situations?

Yes, He does. Paul wrote in **2 Corinthians 12:8-10** of his struggle with an affliction in his flesh. ***“Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, ‘My grace is sufficient for you, for my strength is made perfect in weakness.’ Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.”***

C. The Holy spirit helps our weaknesses in this present age in many ways. One way in which the Holy Spirit of God helps us is in the area of prayer. ***“Likewise, the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.”***

1. One of our greatest spiritual weaknesses is that “we don’t know what we should pray for.” That is because we do not often know what God’s will is in a situation. God gives us many statements of His will, Yet, He is silent when it comes to whether we should take this job or marry this person.

2. While these issues are hard enough to pray about, there are much bigger ones to think about. What if you found yourself in the Bedford Jail for preaching the Gospel like John Bunyan? How would you know what to pray for? Should he remain or go take care of his wife and four children, one daughter being blind?

3. Do you remember Paul’s struggle in the Philippian letter? ***“But if I live on in the flesh, this will mean fruit from my labor; yet what I shall choose I cannot tell. For I am hard-pressed between the two, having a desire to depart and be with Christ, which is far better. Nevertheless to remain in the flesh is more needful for you.” (Philippians 1:22–24)*** What does Paul pray for? Whichever way was God’s will? He did not know. However, the Spirit of God prayed and the Father did it.

D. What does this “groaning” mean? It says the Spirit intercedes for us with groans without words. It does not say the groans are ours or the Spirit’s. Why does the Lord tell us this?

Perhaps this is a way of saying God really understands our pain? There is a verse in **Isaiah 63** that I can’t say I really understand, but I think it communicates a similar thought. In **verse 7** Isaiah says: **“I will mention the steadfast love of the LORD And the praises of the LORD, According to all that the LORD has bestowed on us, And the great goodness toward the house of Israel, Which He has bestowed on them according to His mercies, According to the multitude of His lovingkindnesses.”**

**Isaiah 63:9** **“In all their affliction He was afflicted, And the Angel of His Presence saved them; In His love and in His pity He redeemed them; And He bore them and carried them All the days of old.”** God really does understand our pain.

## II. How He Helps (v. 27)

**“Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.” Romans 8:27**

A. The point is we may never know what God’s will is in a particular circumstance, but the Spirit of God prays for us according to the perfect will of God and the Father does it.

B. We don’t naturally like this because we do not like the thought we are totally dependent upon God for everything. He designed it this way so He would receive all the glory. **“If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen.” (1 Peter 4:11)**

We need to show our dependence upon God by praying, knowing God uses our prayers to help us glorify Him in our lives.