

## **The Holy Spirit and Prayer** **Romans 8:26-27**

God has given you a provision in prayer that will help you to pray well. Based on the Scripture we're going to look at today, it's safe to say that God wants you to pray with **confidence**, pray with **power** and to pray **in His will**. What we find out in our passage in Romans is that the Holy Spirit and prayer are inseparable. In fact, Jesus has sent the Holy Spirit to indwell you, in part, to help you to pray.

Interesting that Paul says the Holy Spirit **helps** us with regard to prayer. To give you an idea of what Paul had in mind when he's writing - the word, help, is used in the gospels.

Luke 10:40 – Two sisters Mary and Martha. Martha is doing all the work, preparing food for a meal. Mary is spending time listening and talking with Jesus. Martha gets annoyed and says to Jesus, tell my sister to **help** me. In other words, **Tell my sister to join me in the work**.

Luke 5:7 - Peter and a few others worked all night trying to catch fish and came up empty. Jesus meets them on the shore of Galilee and says put your nets out in the deep water. They let the nets down and there is such a large number of fish jumping into the nets that the nets began to break. Peter and the others signal their friends in another boat to come and **help** them. Again, **they are asking someone to join them in the work**.

The Holy Spirit helps us. He joins us in the activity of prayer. He does not take over. He does not push us out of the way. He does not override our personality. The Holy Spirit joins us. That should give you confidence.

All of us are in the category of not being natural when it comes to prayer. This is our weakness, but where we are weak, the Holy Spirit is strong. The Spirit helps us in our weakness. We CAN pray with confidence and power.

Still in v26, the Spirit intercedes with help that is beyond words. The help is deeper than words and reaches your mind and its evaluation and understanding of the situation, as well as your heart and your desires and your motives in the situation. This is **powerful**.

Your safety net in prayer is the help of the Holy Spirit.  
***The help that the Holy Spirit brings is to move your heart to align with the will of God.***  
When your heart is in sync with the will of God, your praying will be effective even if you stumble and struggle with your words.

There's one more statement in Romans 8 that is connected to the Holy Spirit help we receive when we pray. It's found in v28 which is one of the most well-known statements in Scripture, although most of us don't connect this to prayer.

*And we know that in all things God works for the good of those who have been called according to His purpose.* The Holy Spirit helps us to pray God's will in everything.

It seems that if you don't pray, then you don't receive this kind of help. When you do pray, you receive the blessing of the Holy Spirit joining you in the activity of prayer.