

**Read: Romans 8:26-27**

## The Holy Spirit Gives Strength to Live Differently

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

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. 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.

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

"Now I lay me down to sleep, I . . . pray . . . the . . . Lo-- . . ." Gabriel was so exhausted that he fell asleep before he could even finish the prayer. His dad gave him a kiss on the forehead and went back to work. He had been working on a big project all week.

A few hours later, Gabriel's dad crashed into his own bed. His pillow felt softer than ever before! "Dear Lord," he prayed, "Thank you so much for my wife and for Gabriel and for our many blessings. Please . . . help . . . me . . . to . . ." Suddenly Gabriel's dad went from mid-prayer to mid-snore. He was out like a light!

Has this happened to you before? Sometimes we get so tired! However, sometimes we have other prayer problems. Besides being so tired, we often can be very forgetful. We are so busy with everything that we forget to pray before meals, before bed, or before any other event of the day. However, maybe the hardest thing for us is even knowing *what* to pray. Adults especially can feel so overwhelmed and frustrated at times that they hardly even know what words to say in their prayers.

Good news though! You have a prayer teammate! Listen to this wonderful encouragement again today: "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."

Did you know this is one of the jobs of the Holy Spirit? Sometimes we call him our Comforter or our Guide. How does he help to comfort and guide us? Well, when we feel weak or scared or frustrated, or when we are so tired that we fall asleep before we pray, the Holy Spirit will actually *intercede* for us. That's a fancy word that means he will speak on our behalf. The Holy Spirit will go to our Heavenly Father with all the things we didn't say or forgot to say. After all, the Holy Spirit is also true God and he knows everything on our hearts and minds.

So, don't worry about your prayer life! Every person can continue to improve in prayer. Keep working on it! Keep reminding yourself to pray and bring everything you can remember to God.

Then be confident. Trust that God knows what you want and need, and God the Holy Spirit will guide you every step of the way. Be bold and pray on!

*The questions below are to help families discuss this devotion. The questions are divided by age group as suggestions, but anyone could reflect on any of the questions as they desire.*

### **Questions for Younger Children**

- What is your favorite prayer?
- When are times that we should be praying?

### **Questions for Elementary Age Children**

- What things should we include in our prayers?
- Agree or Disagree: We should not bring little things to God in prayer. Explain your answer.

### **Questions for Middle School and Above**

- Agree or Disagree: There are bad things to pray about. Explain your answer.
- 1 Thessalonians 5:17 says, "Pray continually." What do you think that verse looks like in real life? How does someone realistically do that?

### **Closing Prayer:**

Holy Spirit, thank you for knowing what's on my heart and mind. Thank you for helping me with my prayers. Continue to guide me in all I think, say, and do. Amen.

### **Hymn: CW 221:1,4 – Blessed Jesus, at Your Word**

Blessed Jesus, at your Word We are gathered all to hear you.  
Let our hearts and souls be stirred Now to seek and love and fear you,  
By your teachings, sweet and holy, Drawn from earth to love you solely.

Father, Son, and Holy Ghost, Praise to you and adoration!  
Grant that we your Word may trust, Confident of our salvation,  
While we here below must wander, Till we sing your praises yonder.