

Romans Chapter 8  
Week 7, v. 26-27

Ro 8:26 And in the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for [us] with groanings too deep for words;

Just as hope in the future promises of God helps us to persevere through trials on earth, we also receive help from the Spirit who bears our burdens and infirmities together with us.

The word 'helps' comes from a compound word meaning assistance that is afforded by two persons to each other, who mutually bear the same load or carry it between them.

He who prays, receives help from the Spirit of God; but he who prays not receives no such help. Whatever our strength may be, we must put it forth, even while most implicitly depending on the strength of God himself. Adam Clarke's Commentary

Think of those times when you have tried to carefully assess a situation through the consult of others, information at hand, Biblical truth and prayer. **Is the solution you come up with always the best? Are we able to see all things clearly? Can you look back at some decisions you have carefully made and still see error in thinking? What conclusion do you come to when considering these questions?**

- We don't always know what is really best for us
- We don't know what God might be willing to give us or what He may in wisdom withhold from us
- We only are able to understand a small part of God's character, His reasoning and His future plan
- We get engrossed by trials, are exposed to temptations and are physically vulnerable to disease and sickness

The Bible says we are weak. This word, <astheneia>, means feebleness (of mind or body); by implication, malady, morally, frailty: disease, infirmity, sickness, weakness.

The dictionary definition of 'feeble' says: 1. pathetically lacking in effectiveness; 2. Lacking strength.

Describe someone who is weak or frail in body. **What happens to this person?** They become dependent on others out of necessity.

We are physically weak, morally weak and mentally weak! But, our weakness causes us to depend on something/someone other than ourselves. We have been given a Helper, the Holy Spirit. We don't even have to know all the answers – that's good because we can't – we just have to recognize our need and lean on God who gives us strength for all circumstances. Romans 8:26 tells us that we don't even understand how we should pray – but we don't need to – the Spirit knows and translates the correct prayer on our behalf to our Father in heaven.

2Co 12:9-10 And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.

**What does the above verse about how we are to contend with our weaknesses?** The KJV says 'Therefore I take pleasure in infirmities'. We are to 'think well of' or 'approve' or 'be willing' to accept the weaknesses God allows in our lives – especially those that are physical. **Is this difficult? Why?**

Ro 8:27 and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to [the will of] God.

**How good are you at reading minds? How about knowing the heart of someone? Have you ever 'misread' someone?** There are times when I have thought I knew what someone was thinking or their motivation, but have been completely wrong. This is not the case for God. His word says He knows our heart and mind.

1Ch 28:9 "As for you, my son Solomon, know the God of your father, and serve Him with a whole heart and a willing mind; for the LORD searches all hearts, and understands every intent of the thoughts. If you seek Him, He will let you find Him; but if you forsake Him, He will reject you forever.

Ps 7:9 O let the evil of the wicked come to an end, but establish the righteous;  
For the righteous God tries the hearts and minds.

Pr 17:3 The refining pot is for silver and the furnace for gold, But the LORD tests  
hearts.

Jer 17:10 "I, the LORD, search the heart, I test the mind, Even to give to each  
man according to his ways, According to the results of his deeds.

1Th 2:4 but just as we have been approved by God to be entrusted with the  
gospel, so we speak, not as pleasing men but God, who examines our hearts.

At Valley Bible we are blessed to have a deaf church. Sometimes, they join in  
our worship services. When that happens, there is an interpreter who  
translates the spoken English words into sign language. Without the  
interpreter, the music and sermon would have little to no meaning on deaf ears.  
The interpreter is skilled at hearing words and translating them into something  
that can be understood.

The word intercession <entugchano> means to apply one's self to a person in  
behalf of another.

Do you ever have trouble communicating? Are there times when you are  
unable to articulate your desire or intention correctly?

Jesus intercedes for us in respect to our salvation—His death is applied to our  
account on our behalf; the Holy Spirit intercedes for us by guiding and  
modifying our prayers. We have a personal interpreter who will never make a  
mistake in translation. It's like having an editor who perfects our  
communication skills.

Verse 27 says the Spirit intercedes for us according to *the will of God*.

Are there things we ask for that may not be according to God's will? Where do  
we find the will of God?

Take a few minutes and ask the person on your right three questions:

What is your favorite color?

What month is your birthday?

Do you prefer coffee or tea?

What did you find out about that person? How did you find those things out? It took time and interest to get to know something about them.

Have you ever kept a diary or journal? What types of things have you written in them? Would I have more insight into who you are if I read it? God's word contains information about God. Reading the Bible, studying it, hearing it, even singing it teaches us about who God is, what He has done, what He is doing, what He is going to do, how we should and shouldn't respond, etc.

Think about a specific prayer concern you have right now. Do you know what God's word says about it? Have you looked up scripture? How does knowledge about God affect your request? Are we willing to pray for what God's will is even if it doesn't match what we think we want?

### Application Questions

Read Romans Chapter 8. Please consider how God would have you apply His truths as you read through these questions. Our concentration will be on verses 26 and 27.

According to the Word, who helps us with our weaknesses?

In what ways do you see weakness in your mind and body? (Consider: Do you always know what is best? Are you able to completely understand God's plan for you? Do you know the future? Are you exposed to temptation? Are you physically vulnerable?)

How have you seen help through the Spirit in these areas?

The world looks down upon weaknesses. How can weakness become positive according to the Bible? Read 2 Cor 12:9-10.

What is the difference between finding strength in yourself verses strength in the Lord?

How well do you know yourself?

Look up 1 Ch 28:9; Pr 17:3; 1 Th 2:4

Who knows you fully?

Ro 8:27 says the Spirit intercedes for us according to the will of God. Therefore, how important is it to strive to know God? What do you do to grow in your understanding of Him?

What additional thoughts has God put on your heart through His word?