

Speak for Me

Ready:

“In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit himself intercedes for us with inexpressible groanings.” – Romans 8:26

Set

Have you ever had the wind knocked out of you? As you are doubled over trying to catch your breath it is almost impossible to form words or to express what is wrong.

Once, when the breath got knocked out of me, my teammates surrounded me asking me what was wrong and all I could produce was breathy groans. Thankfully, a teammate closest to me saw what had taken place and was able to speak for me and assure everyone that I was OK. In my weakness, my friend was able to intercede for me and speak when I was unable to do so.

You can also be at a loss for words when something emotional happens. Unfortunately, many of us have experienced shocking or traumatic events in our lives that no words could describe. In our shock or grief, we might have been left without words to describe the emotional pain we were going through.

In these moments, we want to approach God in prayer but have no idea what to say. This is when we can rest in Romans 8:26. In our weakness, we can come to God and the Holy Spirit will step in and speak for us.

When I was without words, I let my friend speak for me because she had the words I did not. I didn't stop her and make everyone wait until I was better so I could speak myself.

In moments of weakness, grief or trauma, don't wait until you are better to turn to God. Turn to Him in the midst of it and watch how the Spirit intercedes for you.

Go

- How do you feel in the midst of weakness?
- Have you ever experienced the Holy Spirit intercede for you in weakness?

Workout

Ephesians 6:18

John 14:26

Overtime

“Lord God, You have blessed us with The Helper, Your Spirit, to guide us to You. In our weakness, we pray that we do not try to hide or pretend but that we could come to You broken and without words, so that the Spirit can speak for us and bring us closer with You. Amen.”



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