

## Triumphant Living

*Lesson Eight • Romans 8:26-27*

### Too Weak to Pray

#### The Spirit Has You Covered:

We are WEAK, but the Spirit HELPS us in our weakness.

*Likewise the Spirit also helps in our weaknesses. Romans 8:26*

#### Too Weak to Pray:

### 1. We Often STRUGGLE in Prayer!

*Likewise the Spirit also helps in our weaknesses.  
For we do not know what we should pray for as we ought... Romans 8:26*

#### Our Weakness in Prayer:

- We don't know WHAT to pray for.
- We can't put our prayer into WORDS.

### 2. The Spirit HELPS Us in Prayer!

*...but the Spirit Himself makes intercession for us with groanings which cannot be uttered.  
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 8:26-27*

#### The Spirit's Help in Prayer:

The Spirit helps us by PRAYING for us.

#### Don't Underestimate the Spirit's Help in Prayer!

The Spirit EXPRESSES our heart's groanings perfectly to the Father, and they are perfectly UNDERSTOOD by the Father.

### 3. We Should Be ENCOURAGED in Prayer!

#### Five Encouragements When You're Too Weak to Pray:

- Be encouraged that God's STRENGTH is made perfect in our weakness.
- Be encouraged that you are not expected to KNOW the will of God in every respect.
- Be encouraged that you don't have to find the "RIGHT" words to pray meaningfully to God.
- Be encouraged that God not only knows you, He UNDERSTANDS you.
- Be encouraged that in your weakness the Spirit is praying FOR you and not against you.

#### Are You Too Weak to Pray?

Don't despair. Admit your weakness and trust the Spirit to pray for you about the specifics, because the Spirit is praying for you according to God's will.