



There's never been a day like that day either before it or after... **Joshua 10:14 a** (GNB)

Each of us have specific dates and/or experiences that generate difficult memories and painful emotions. For me, those dates/experiences are...

1. _____
2. _____

For me, the dominant feelings I experienced, or experience is...

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 with groans that words cannot express. ²⁷And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with God's will. **Romans 8:26-27** (NIV)

➤ **GOD WANTS YOU AND I TO GRASP THE SIGNIFICANCE OF GROANING.**

1. It is significant because it signifies that things are not right.
2. It is significant because of who is doing the groaning.

- All _____ groans...

Yet creation has _____ to make things right.

For the creation was subjected to frustration, not by its own choice... We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. **Romans 8:22** (NIV)

- All _____ groan...

Yet believers have _____ to make things right.

Not only so, but we ourselves, who have the first-fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. **Romans 8:23** (NIV)

I am the sprouting vine and you're my branches. As you live in union with me as your source, fruitfulness will stream from within you—but when you live separated from me you are powerless. **John 15:5** (TPT)

- The _____ groans...

And has _____ power to make things right

...the Spirit himself prays...with groans too deep for words. **Romans 8:26b** (NIRV)

➤ **SEEING WHAT THE SPIRIT'S GROANS MEAN CAN SUSTAIN MY FAITH.**

1. THE HOLY SPIRIT IS _____.

...but the Spirit himself intercedes for us with groans that words cannot express. **Romans 8:26b** (NIV)

...the Spirit intercedes for God's people ...**Romans 8:27b** (NIV)

2. THE HOLY SPIRIT IS HERE TO _____ IN MY WEAKNESS

- The Holy Spirit reminds me of _____.

For the Holy Spirit makes God's fatherhood real to us as he whispers into our innermost being, "You are God's beloved child!" **Romans 8:16** (TPT)

- One thing Jesus does not want the believer to feel is _____.

I will ask the Father and he will give you ... the Holy Spirit of Truth, who will be to you a friend just like me—and he will never leave you. ...he will make his home in you and will live inside you. ¹⁸ "I promise that I will never leave you helpless or abandon you as orphans. **John 14:17-18** (TPT)

- The Holy Spirit reminds me of _____.

In the same way, the Spirit helps us in our weakness, We do not know what we ought to pray for... **Romans 8:26a** (NIV)

...we don't even know what we should pray for nor how to pray as we should... **Romans 8:26a** (TPT)

- Sometimes children need to know _____ to pray for.
- Sometimes they need to know _____ to pray for.
- Sometimes, it is what their _____ should be as they pray.

3. THE HOLY SPIRIT IS HERE TO HELP ME BECOME LIKE CHRIST

He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with God's will. **Romans 8:27c** (NIV)

Never stop praying, especially for others. Always pray by the power of the Spirit. Stay alert and keep praying for God's people. ¹⁹ Pray that I will be given the message to speak and that I may fearlessly explain the mystery about the good news. **Ephesians 6:18-19** (CEV)

Jesus walked away...knelt down and prayed... "Father, if you are willing, please take away this cup of horror from me. But I want your will, not mine." ⁴³ Then an angel from heaven appeared and strengthened him, **Luke 22:41-43** (TLB)