

TITLE AND NUMBER: 143. Prayer



REFERENCE AND KEY VERSE(S): 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 with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

LOOKING FURTHER: Matthew 6:5-13; James 5:13-18

What does this Bible passage tell us?

Do you ever feel that you do not know what to pray for in a particular situation or, indeed, that you do not know how to pray at all? You are not alone.

If you do not know where to start with prayer, just talk to God. You could try to have periods of silence when He can talk to you - like you would talk and listen to a good friend. If you are alone, you can do it out loud. If not, think the words. Or, if the words will not come, think in pictures.

If you know how to pray but do not know exactly what to pray for in a specific situation, again just explain all this to God. Tell Him what you are worried about, what you want to give thanks for or what you want to say sorry for. Tell God anything and everything. It may feel strange at first but the more you practise, the easier it will become.

Why can we do this? Because the Holy Spirit will speak to God on our behalf. He knows all about each one of us and He turns our rambling thoughts, words and pictures into a prayer to which God can respond. The Holy Spirit is our advocate, our intermediary, our translator. He knows us and He knows the will of God. That is an awesome combination! Make use of it!



Reflections:

- Do you find it difficult to pray to God? If so, just imagine He is sitting beside you and talk to Him as you would talk to a good friend.
- Do you find some situations so painful that you cannot find words to pray? God understands. Try sitting in silence and letting the thoughts flow freely. The Holy Spirit will be your advocate and will speak on your behalf.
- Prayer is such a comfort. Try it, if you have not already.

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

