

**TITLE AND NUMBER:** 185. The Holy Spirit helps us!



**REFERENCE AND KEY VERSE(S):** Romans 8:24-27

For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently. 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 through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

**LOOKING FURTHER:** John 14:16-17; John 14:26; Galatians 5:22-23

### What does this Bible passage tell us?

Paul's thoughts about the Holy Spirit are so uplifting. The Holy Spirit is often described as the Comforter or - in John 14 - as the Advocate. We all know well enough that we are weak in ourselves. We make mistakes. We lose heart. We forget the good things God has done for us and in us all too easily. Sometimes, we even think we know better than God!

Yet, the Advocate, the Holy Spirit, prays to God for us. We do not know what we should ask God for concerning ourselves sometimes. But the Advocate knows because He searches our hearts. He knows exactly what is going on with us. And, although we sometimes do not show other people how we think or feel, the Holy Spirit always knows. He also knows when we are thinking wrongly, when we are upset or frustrated and find it difficult to trust in God. He might inspire us with a particular verse or send someone to speak to us to encourage us to stay on God's path and keep our faith strong.

If we listen to God, the results are amazing. We will have an increase in what the Bible calls the fruit of the Spirit (as seen in Galatians 5:22-23), which shows He is working in us. What a wonderful God we have to send us such a friend as this.

### Reflections:

- As the Holy Spirit prays for us, who can we pray for or encourage this week? Think of the needs of the people around you and bring them to God. This is part of the command to love one another.
- As we celebrate Pentecost this Sunday, try and read more about how the Holy Spirit came to help the disciples (Acts 2). Look at how they changed afterwards and how their ministry was brought to life. Are we willing for Him to change and inspire us?
- The Holy Spirit is like the pilot light in a boiler, always burning quietly in us, but ready to flare up whenever it is needed. May God grant that His light in us will always burn brightly!

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.

