

The Spirit Helps US
Romans 8:26–27 Page 1123
June 21, 2026

Knowing that the Spirit helps us in our weakness should give us confidence as we pray.

The Spirit helps us in our weakness.

“helps” = the Holy Spirit is our Burden Bearer

“weakness” = infirmity, sickness, deficiency, and/or inability.

- He regenerates us and gives us life (Titus 3:5, John 3:3-21)

Titus 3:5 “5 he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit,”

- He empowers us to live righteously. (Rom 8:12-13, Gal 5:16)
- He guides us in sanctification. (Rom 15:16; 8:29-30, Gal 5:16-23)
- He secures us for heaven. (Romans 8:23, Eph 1:13-14)

The Spirit speaks for us when we do not know what to say.

There are divine articulations within the Trinity that cannot be expressed in words but carry profound appeals for the welfare of every believer.

The Spirit prays for us when we do not know how to pray.

The Spirit will align our prayers with God’s sovereign will.

Application:

- Persevere in Prayer
- Pray Bold Prayers