

HOLY SPIRIT HELPS US



Romans 8:26 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.

We face challenges every day. Some days we might feel overburdened and weak. We don't even know where to start. Thankful that God is on our side. Many Bible verses confirm that fact and Romans 8:26 is one of them.

The Spirit helps us with our weaknesses. John 14:26 states that our Heavenly Father sent us the Holy Spirit as our advocate and helper. The Holy Spirit teaches us and helps us to remember and understand the teaching of Jesus. The best thing to do when we feel weak is to open the Bible and meditate on the verses. God's word will encourage and strengthen you.

Romans 8:26-27 further emphasizes the help from the Holy Spirit when we don't even know where to start in our prayer. The Holy Spirit prays through you the words that need to be spoken to our Heavenly Father when you don't know what to say.

Be heartened! The Holy Spirit lives within you, and He guides and sustains you!

