

MY HELPER #1

We attempt to make to do things in life that we need more power or strength than we have.

Paul reminds us that we have a helper, the Holy Spirit.

Romans 8²⁶ In the same way, the Spirit helps us in our weakness.
Rom. 8²⁶ Likewise the Spirit also helpeth our infirmities: KJV

Let's examine how the Holy Spirit helps the believer from this text.

I. The Holy Spirit helps us with our **infirmities** or weaknesses.

A. We are **not left to our own resources** in our sufferings (v. 18) and groaning (v. 23).

B. **The Spirit helps** (pres. tense, "keeps on helping") **our weakness**. It is not that the Spirit helps in those occasional times when are weak; **our state is one of weakness and the Spirit continually helps us**.

Paul is in this state when he is given help for his "thorn in the flesh".

2Co. 12⁸ Three times I pleaded with the Lord to take it away from me.⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.¹⁰ That is why, for Christ's sake, I delight in weaknesses, in

insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

C. The Greek word for weakness (*astheneia*) may include **physical, emotional, and spiritual disability** evidenced by inward “groaning” (Rom. 8:23).

D. “Helps” translates *synantilambanetai*, a rich word that pictures **someone helping another carry a heavy load**.

Do you have a load too heavy to carry? The Holy Spirit is waiting to help you.

II. The Holy Spirit helps our weakness through **intercession.- Prayer**

The Holy Spirit will pray through us to the Father.

Rom. 8:26... We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.²⁷ 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. NIV

A. Evidence of our weakness is that we do not know what to pray for.

We pray with limitations of the flesh. We pray with human logic, and what our senses tell us to pray about.

B. Therefore the Spirit himself intercedes for us.

He is the completion of the spiritual armor for spiritual warfare.

After putting on the armor of **Eph. 6** we are told...¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word

of God.¹⁸ **And pray in the Spirit on all occasions with all kinds of prayers** and requests. With this in mind, be alert and always keep on praying for all the saints. NIV

Jude 1 20 But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit.

III. The Holy Spirit helps our weakness through **groaning**.

Rom. 8²⁶ 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.²⁷ 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.

A. Groaning compared to child birth.

Rom. 8²² We know that **the whole creation has been groaning as in the pains of childbirth right up to the present time.**

B. Groaning as longing for a new body or state of life.

²³ Not only so, but **we ourselves**, who have the firstfruits of the Spirit, **groan inwardly** as we wait eagerly for our adoption as sons, the redemption of our bodies. NIV

C. Groaning beyond words.

Rom. 8 26 ..., but the Spirit himself intercedes for us with groans that words cannot express.

Travail?

Why? V 27 .. because the Spirit intercedes for the saints in accordance with God's will.²⁸ And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.

Because the Spirit intercedes according to God's will all will work together for our good and God's purpose for our life.