

A SERIES OF DEVOTIONS BASED ON PAUL'S LETTER TO THE CHURCH IN ROME

A HELPING HAND

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.”

There are any number of times in your life when you, on your own, are unable to do something. You seek out the assistance of someone to help you. This is called asking or seeking a “helping hand.” Needing a helping hand is usually associated with seeking assistance with something that is too heavy or awkward for you to carry or handle alone.

In today's devotional verse St. Paul address the fact that there are times in your spiritual life when you also need a helping hand. The word weakness in this verse refers to times in your life when something weighs heavily on your heart, you have a great need to pray about this need but find it difficult or even impossible to put your need into words of prayer to your heavenly Father. St. Paul says you “do not know what you ought to pray for. . . .”

At times like this, St. Paul says, you are not alone or helpless. The Holy Spirit stands beside you, ready to assist you in your prayer life. Whether it is your reluctance to pray or your inability to put your thoughts and needs into words, the Holy Spirit speaks to your heavenly Father in your behalf. Your simple prayer to the Holy Spirit asking for His “helping hand” will ensure the right thoughts and words are presented to your God.

In Ephesians 6:18 St. Paul writes, “. . . pray in the Spirit on all occasions with all kinds of prayers and requests.” In Luke 18:1-8 Jesus instructs the importance of your persistence in prayer. Never give up! Rather, pour out your heart to the Holy Spirit who in turn will bring your petitions and requests to God in your behalf. The Holy Spirit will always speak in your behalf in accord with God's will. Although you lack the words the Holy Spirit will always know what words to pray in your behalf.

Remember these words of Jesus found in Luke 11:13, “If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!” The Holy Spirit is your helping hand with your prayer life.

Prayer: O Lord, let the words of my mouth and the meditation of my heart be acceptable in your sight. . . Amen.

To God the Holy Spirit let us pray
For the true faith needed on our way
That He may defend us when life is ending
And from exile home we are wending.
Lord, have mercy!

O sweetest Love, Your grace on us bestow;
Set our hearts with sacred fire aglow
That with hearts united we love each other,
Ev'ry stranger, sister, and brother.
Lord, have mercy!

Transcendent Comfort in our ev'ry need,
Help us neither scorn nor death to heed
That we may not falter nor courage fail us
When the foe shall taunt and assail us.
Lord, have mercy!

Shine in our hearts, O Spirit, precious light;
Teach us Jesus Christ to know aright
That we may abide in the Lord who bought us,
Till to our true home He has brought us.
Lord, have mercy!
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