

In the darkest months of our daughter's prodigal years, I was too exhausted and overwhelmed with emotion to pray. In my great weakness all I could say to God was, "Help. Please help."

In the years leading up to this moment I had fasted, prayed alone, and prayed with a group of other moms; I'd believed God for my daughter's safety and rescue. But it seemed my prayers hadn't worked.

Her downward spiral away from us and away from God had continued. At my lowest point, in those darkest days, I was completely dependent on the prayers of others— mostly on the prayers of the Holy Spirit Who promises to intercede for us because we don't know how to pray.

God's amazing love for His created children moved Him to send His Son Jesus to the cross. Our debt has been paid, our sins cancelled. God could have stopped there.

But His love continues to pour out on us because He can't stop loving. So He sent us His Holy Spirit to be with us forever. And not only that, but His Spirit prays for us because we do not know how! He knows our condition. He knows we are weak and frail and needy.

Though there are days when we feel confident, all of us will experience days when we don't know what to do or what to pray. This promise in the Bible is for all of those moments. What a comfort this picture is: of our Holy Spirit friend interceding before God's throne for our deepest needs that we can't even express in words.

- Have you been unable to pray because of a heavy burden?
- Have your children experienced great loss and, like you, are bewildered and don't know what to pray?
- Teach them this verse. Print our free printable image to remind you and your family that the Spirit prays for us, groans for us, because He loves us so very much.

May you rest in His unfathomable love for you even when life hurts.

romans 8:26

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IN OUR WEAKNESS.

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