



# The Holy Spirit - Our Helper

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**“Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. 27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God” (Romans 8:26-27).**

## Introduction

Writing to the church at Rome, the Apostle Paul unveils a profound truth about the Christian life - that we are not left to navigate our weaknesses alone. The Holy Spirit is not merely present but is also actively engaged in assisting, guiding, and interceding for the believer. In a world marked by uncertainty, suffering, and spiritual struggle, this passage reveals both our limitation and God's provision. We will consider five points in this study:

- 1) The Holy Spirit Helps Our Human Infirmary
- 2) The Holy Spirit Helps in Interceding for Us
- 3) The Holy Spirit Aligns Our Prayers with God's Perfect Will
- 4) The Holy Spirit Knows The Believer Intimately
- 5) How Believers Can Avail Themselves of the Spirit's Help

## 1. The Holy Spirit Helps Our Human Infirmary

“The Spirit also helpeth our infirmities...” (vs 26). The word *infirmities* speaks of weaknesses such as spiritual inadequacy, ignorance, and frailty in prayer and life, as evident in these scriptures:

- **2 Corinthians 12:9** — “My grace is sufficient for thee: for my strength is made perfect in weakness.”
- **Psalms 103:14** — “For he knoweth our frame; he remembereth that we are dust.”

Even the most mature believer encounters moments of confusion, weariness, and inability. We often do not know:

- What to pray,
- How to pray,
- Or when to pray.

For purpose of illustration, consider a baby / child trying to express a deep need (e.g. for food, cleaning, sleep, etc.) but lacking the vocabulary. The loving parent understands beyond words. So it is with God and His children.

## 2. The Holy Spirit Helps in Interceding for Us

“...the Spirit itself maketh intercession for us with groanings which cannot be uttered” (vs 26). The Holy Spirit does not merely assist; He also intercedes. He steps into the gap between our weakness and God's perfect will, as confirmed in these scriptures:

- **Hebrews 7:25** — Christ “... is able also to save them to the uttermost that come unto God by him, seeing **he ever liveth to make intercession for them.**”
- **John 14:16** — “And I will pray the Father, and **he shall give you another Comforter**, that he may abide with you for ever”
- **Zechariah 12:10** — “And I will pour upon the house of David, and upon the inhabitants of Je-



rusalem, **the spirit of grace and of supplications**”

The key truth is that there are burdens too deep for words, as well as griefs, anxieties, and longings that cannot be articulated. The Spirit translates these into perfect petitions before God.

Like a skilled interpreter translating a broken language into fluent speech, the Spirit conveys our inarticulate cries into divine alignment.

### **3. The Holy Spirit Aligns Our Prayers with God’s Perfect Will**

“...he maketh intercession for the saints according to the will of God” (vs 27). The Spirit’s intercession is not emotional alone. Rather it is precise, perfect, and aligned with God’s will, to satisfy God’s requirements as evident in these scriptures:

- **1 John 5:14** — “if we ask any thing according to his will, he heareth us”
- **Isaiah 55:8–9** — For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. 9 For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

Naturally, we often pray:

- According to our desires, not destiny
- According to our feelings, not faith
- According to our circumstance, not sovereignty

But the Holy Spirit corrects these by ensuring that our prayers reach heaven purified and aligned. For example, a believer may pray for immediate relief, while God’s will is spiritual growth through endurance. The Spirit refines the request accordingly.

### **4. The Holy Spirit Knows The Believer Intimately**


“He that searcheth the hearts knoweth what is the mind of the Spirit...” (vs 27). God searches the heart, not merely the words, as confirmed in these scriptures:

- **Jeremiah 17:10** — “I the Lord search the heart”
- **Psalms 139:1–13** — **God knows every thought and word**— “O lord, thou hast searched me, and known me. 2 Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. 3 Thou compassest my path and my lying down, and art acquainted with all my ways. 4 For there is not a word in my tongue, but, lo, O Lord, thou knowest it altogether. 5 Thou hast beset me behind and before, and laid thine hand upon me. 6 Such knowledge is too wonderful for me; it is high, I cannot attain unto it. 7 Whither shall I go from thy spirit? or whither shall I flee from thy presence? 8 If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. 9 If I take the wings of the morning, and dwell in the uttermost parts of the sea; 10 Even there shall thy hand lead me, and thy right hand shall hold me. 11 If I say, Surely the darkness shall cover me; even the night shall be light about me. 12 Yea, the darkness hideth not from thee; but the night shineth as the day: the darkness and the light are both alike to thee. 13 For thou hast possessed my reins: thou hast covered me in my mother's womb”.

The key truth is that there is perfect harmony within the Godhead:

- The Father searches the heart
- The Spirit intercedes
- **The Son advocates**

Through His intimate knowledge of the believer, the Holy Spirit supports and provide adequate and appropriate help for each believer. A good illustration would be like a perfectly coordinated orchestra, where each member works in harmony to produce a flawless result—so the Trinity



works for the believer's good.

## 5. How Believers Can Avail Themselves of the Spirit's Help

### a) Through Prayerful Dependence

Yield your prayer life to the Spirit rather than relying on routine or eloquence. Ephesians 6:18 admonishes "Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints".

### b) Through Sensitivity to the Spirit

Cultivate awareness through obedience and quietness before God. Galatians 5:25 commands "If we live in the Spirit, let us also walk in the Spirit"

### c) Through the Word of God

Understand that The Holy Spirit works in harmony with Scripture, not apart from it, John 16:13 confirms that "He will guide you into all truth".

### d) Through Surrender of Will

The Spirit's intercession is most effective when we yield our own agenda. Proverbs 3:5–6 directs us to trust and submit to God's direction. "Trust in the Lord with all thine heart; and lean not unto thine own understanding. 6 In all thy ways acknowledge him, and he shall direct thy paths."

### e) Through Faith in God's Working

Trust that even unanswered prayers are being refined by the Spirit. Romans 8:28 assures us: "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".

### In Conclusion Romans 8:26–27 reveals a profound comfort that:

- We are weak—but not abandoned.
- We are ignorant—but not unaided.
- We are burdened—but not unheard.

In view of these, The Holy Spirit:

- Helps our weakness
- Interprets our silence
- Aligns our prayers
- Brings us into God's will

Imagine a ship navigating a storm with a broken compass. Alone, it would drift aimlessly. But with a skilled navigator onboard, the ship is guided safely to harbour. The Holy Spirit is that Navigator.

### Closing Exhortation

- Do not avoid prayer because you feel inadequate.
- Do not despair when words fail you.
- Do not assume God is distant when heaven seems silent.

Instead, trust the ministry of the Spirit within you. Our text confirms that "The Spirit itself maketh intercession for us..." (vs 26). And because He does— **we are never praying alone.**