

# The Spirit Helps Us with Our Prayers

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Do we pray as though we're alive with Christ? We should. There isn't a reason in the world for us to be weak, erratic or ineffectual pray-ers. After all, Paul tells us we have been made alive in Christ (Ephesians 2:5) and Christ always lives to intercede (Hebrews 7:25).

Shouldn't intercession, then, be a vital reality in our daily prayer lives? After all, we are indwelt by the Spirit of supplication (Zechariah 12:10). He is the Holy Spirit who lives within us as our Helper in prayer:

“...the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us....” (Romans 8:26)

It's interesting that the word translated *helps* has the meaning of coming alongside “together with.” It's as though a person is picking up a log, and someone comes along to help by lifting the other end.

The meaning carries over to prayer. Paul isn't saying in Romans 8:26 that we should throw up our hands when we don't know what to ask in prayer and just let the Spirit do it. He's saying when we are praying, as we are praying, the Spirit helps us when we don't know what to ask. We must first pick up our end of the log.