

St Paul's Church, Egham Hythe

The Spirit helps us... Reflecting with some verses from Romans 8: 26-39

(Rosie Hoad 23/7/20)

You might also find it helpful to read the whole of Romans 8 – it's an amazing chapter!



²⁶ Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.

Spend some time being still with God. What helps you to recognise that God is with you and at work in you? Try to be open to God, to put aside your own agenda and think about what it means for God to be praying for you and in you. What do you notice?

Write down anything that you might like to reflect on again later.



²⁷ And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Imagine for a moment that rather than thinking about what or who you want to pray and how to phrase your prayer that God is already praying for you and for the needs of our world. In your imagination talk to Jesus about what that feels like. Ask him to show you what it looks like to be aligned with God's prayer. Perhaps it challenges a prejudice or bias, unconscious or deliberate. What might God think is important that you hadn't noticed before? How might the Holy Spirit be helping you learn to be more like Jesus, to care as he cares and love as he loves? Or perhaps we're weighed down by something, and we don't know how to pray. Let the Holy Spirit hold you and minister to you.

Write down anything that you'd like to reflect on again later.

³⁸ For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, ³⁹ nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8: 38-39).

What an amazing promise! There's nothing that can separate us from the love of God in Christ Jesus. How do you want to respond? What does that mean in your life? You might like to spend some time praising God – use music or creativity if that helps you. Or perhaps you feel that you are separated from God. Even if we know that he keeps on loving us we might not feel worthy of his love, or we might feel angry about something. Talk to him about how you feel. Try to be honest, and ask him to meet you where you are, not where you think you should be. Offer to God whatever you can, and let him do the rest.

Write down anything you want to remember or reflect on later.

Prayer Diary

Who are you praying for at the moment? What issues are on your heart? What do you long for God to help you with in your own life?

Perhaps God is nudging you to hold these more deeply before him. Write down the people or places or situations or longings God has placed on your heart, and bring one or more of them to God each day this week. Be prepared for God to change how you see things or help you to serve him in new ways.

