

# Help: My Intercessor

**Series: The Holy Spirit: Helper. Comforter. Intercessor. Judge**

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**Scripture:** Romans 8:12-27 (focus vv 26-27)

Romans 8:26-27 “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will.”

Phil 4:6 “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

## Group Session

### Opening Questions

What is your understanding of the word “intercessor”? Has anyone ever interceded for you?

### Discussing the Scripture & Life

1. We know that “God desires to hear my prayers even though I may struggle with them.” How does it make you feel to know God, through the Holy Spirit helps us pray? Can you remember a time when a child was trying to tell you something and you had to help them verbalize the communication?
2. First Peter 5:7 says “Cast all your anxiety on him because he cares for you.” What kind of job do we do at casting our anxiety on God? What keeps us from being able to do that more?
3. Where do you believe prayer has the most impact—on us or on what God does? How do you feel about the quote “Prayer doesn’t change God’s mind, it changes ours”?
4. The passage says that the spirit prays with groanings too deep to understand. What feeling do you get from the Holy Spirit talking to God in intimate ways we can’t understand? Why do you think God’s word shares this truth with us?
5. Read Philippians 4:6-7. How can we have God’s peace in our lives?

Philippians 4:6,7 “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

6. Our chief struggle is to know the will of God. How can the Spirit of God help us with this struggle? How does prayer relate to this struggle?
7. Do we need to pray about things that are revealed in God's word? Is it a sin to ask about what He has already spoken?
8. Romans 8;31-39 shares a great truth with us. Read it and rejoice.

Romans 8:31-39, "31 What, then, shall we say in response to this? If God is for us, who can be against us? 32 He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? 33 Who will bring any charge against those whom God has chosen? It is God who justifies. 34 Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written:

"For your sake we face death all day long; we are considered as sheep to be slaughtered." 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

9. Here is a six step process to help determine God's will in our lives. Which step will be the most challenging to you?
  - a. Get your heart into such a state that it has no will of its own in a given matter. When we are ready to do the Lord's will – whatever it may be—nine-tenths of all the difficulties are overcome
  - b. Ask God to reveal His will to you.
  - c. Resolve not to rely on feelings alone ("I just feel this is what God wants me to do" or "I have a peace about this"). Our feelings are shortsighted, often self-centered and fickle. Relying on feelings may make us subject to delusion.
  - d. Ask for the Spirit's guidance as you study the Scriptures. The Spirit and the Word must be combined. If the Holy Spirit guides us, He will do it according to the Scriptures and never contrary to them.
  - e. Look at the circumstances of your life. Are there open doors you may need to walk through? Are there some other circumstantial signs as to the direction the Lord may be taking you?
  - f. Consider all of these things and make the best decision you know. If after bringing it to the Lord, you have His peace, act accordingly.

### **Closing Challenge**

What one way do you need to depend on the Holy Spirit this week? What difference will that make in your life?

## **Full Scripture Passage**

Romans 8:12-27

Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. 13 For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, 14 because those who are led by the Spirit of God are sons of God. 15 For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." 16 The Spirit himself testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

18 I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. 19 The creation waits in eager expectation for the sons of God to be revealed. 20 For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope 21 that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God.

22 We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. 23 Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. 24 For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? 25 But if we hope for what we do not yet have, we wait for it patiently.

26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will."