

# SERMON NOTES

**Alive In Us, Week 10**  
**The Groans of the Heart**  
**The Holy Spirit as Our Intercessor**

**November 9-10, 2019**

The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. (Romans 8:26-27 NIV)

1. The \_\_\_\_\_ of our day.

The whole creation has been groaning as in the pains of childbirth.

We "...who have the firstfruits of the Spirit, groan inwardly..."

"...the Spirit helps us in our weakness."

2. The \_\_\_\_\_ of the Spirit.

He:

...is making prayer out of our wordless sighs, our aching groans. (Romans 8:26 MSG)

...intercedes for us with groanings too deep for words. (Romans 8:26 ESV)

...pleads with God for us in groans that words cannot express. (Romans 8:26 GNB)

...keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good. (Romans 8:28 MSG)

**CHALLENGE:** With the Holy Spirit as your guide, use your personal prayer time this week to advocate for others. As you intercede on their behalf, remember this is what the Holy Spirit does for you.