

WEEK 10

THE GROANS OF THE HEART

POWER

Power to talk with God.

PROMISE

What we pray in weakness is heard in the heavens because of the intercession of the Holy Spirit.

PRAYER

Pray for me.

ROMANS 8:26–27 NLT

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.

CONSIDER

Imagine being in a courtroom. You've committed a serious offense deserving of punishment. You have felt remorse and made amends to those affected by your crime. But the fact remains, you broke the law and deserve punishment. As you sit in the courtroom and listen to the charges being brought against you, your defense attorney acknowledges your guilt. The judge asks the prosecutor for their desire for sentencing, but then you see another person standing advising the prosecutor. To your amazement the person is advocating for mercy. It's as if they want to see you set free. The judge drops the gavel and you are pardoned for your crimes. An advocate has stepped into your life. The Holy Spirit does the same thing for you. He steps into every situation and intercedes on behalf of your life—especially in those moments of prayer where you lack the words to pray. As you dive into this study, start with the thought that the Holy Spirit is present in every prayer you pray.



PRAY

Sit in silence and quiet your mind for a moment. Ask God to silence all the thoughts that are not his. Allow the Holy Spirit to guide the words of your prayer. Ask him to prepare your heart for the reading of his Word.

Holy Spirit, speak for me. I need your help to know my true needs. You see what I cannot. My hope is in you. Have mercy. Pray and lead me to walk in your power today. Renew my mind by the truth in your Word. Amen.

DISCOVER

Read: [Acts 4:1-22](#)

Why were Peter and John arrested? What gave them the courage to speak so boldly?


After their testimony, what did the rulers think of Peter and John?

What ruling did the Council make? What was Peter's response to their ruling?

Read: [Acts 4:23-31](#)

How did the believers respond to Peter and John's report?

How did the believers respond to the threats of the Council? How did the Holy Spirit intercede for them?



ACT

In the left column, under the title “Need God’s Help,” list the life situations where you need God’s help. In the right column, under the title “God is Helping,” list how the Holy Spirit is interceding in your life. Review both columns, reflecting on the truth that the Holy Spirit is your advocate.

NEED GOD'S HELP

GOD IS HELPING

PRAY

Use this prayer time to advocate for others. Don’t ask for requests for yourself. Allow the Spirit to lead you in your intercession and pray for others. After you pray for each person, ask the Spirit if there is anyone else he would have you pray for. As you intercede on their behalf, remember this is what the Holy Spirit does for you.

READ



YOUVERSION Days 64-70

2 Chronicles 24:20-22
Ezekiel 3:4-27
Acts 20:17-38

Romans 8:18-30
1 Corinthians 2:6-16
Ephesians 6:10-20

1 Thessalonians 1:2-10
Jude 1:17-23