

ROMANS 8:26 — GROANINGS

Likewise the Spirit also helps our infirmities. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. (Ro.8:26)

CONTEXT

- Paul is using a metaphor of creation and believers awaiting our final redemption.
- The groaning (of creation & believers) longs to be delivered from the impact of sin.
- We are talking about a groaning here that is inexpressible to humans.
- You can't hear creation groaning and you can't hear us groaning.
- It is not an audible groaning. It is a longing, with anticipation.

INTERCESSION

- The Holy Spirit has a desire for us to be freed from sin, and the effects of the Fall.
- It is the Holy Spirit doing this (no sounds or noises). Not us!
- What is the Spirit doing? He is helping our weakness. The HS helps us by interceding for us in a profound groaning for our glory that could never be uttered by human lips.
- The basic principle of effective praying is that it must be in harmony with the will of God to be effective (**1Jn.5:14-15; Jn.14:13; 15:16; 16:23-24**).
- The Holy Spirit prays FOR us so that the will of the Father is worked out in our lives.
- One evidence of our weakness is the fact that we do not know what they ought to pray. Both the content and manner of proper prayer eludes us. So, the Spirit Himself comes to the rescue and intercedes for us.
- Paul is talking about the work of the Spirit of God in the lives of the elect. The Spirit that is in us is in constant communication with the Father. This is inter-trinitarian communication.
- What the Holy Spirit communicates to the Father on our behalf is something that cannot be put into human language because it is divine.

SUMMARY

- We should not confuse these "groanings" with praying in tongues. This passage promises ALL Christians God's help, not just those who had the gift of tongues.
- Though we may continue to not know how to pray, it is encouraging to know the Holy Spirit Himself "groans" on our behalf.