

Romans 8:26 – “For we do not know what we should pray for as we ought.” The NLT says: “For we don’t even know what we should pray for, nor how we should pray...”

PRAYER WHEN YOU DON’T KNOW HOW

Sometimes we try to pray and don’t know what to do. We can’t find the words. Thoughts won’t come. Often, we feel we have to say something, and we say things that mean nothing. When you feel burdened to pray and can’t seem to get it out, something else is happening. God is searching your heart, the Son is praying for you in Heaven, and the Holy Spirit is praying within you. The Spirit is uttering prayers that words can’t express, in ways you aren’t able to comprehend. When you are burdened to pray, do what your burden is telling you, and let the Triune God do the work. The active presence of the Holy Spirit in you is praying in accordance with God’s will for you, when you may not even know what God’s will is. Even though the Spirit doesn’t use words, the Father and the Son hear and understand the prayer of the Spirit. All creation groans (22). Believers groan (23), and the Holy Spirit groans (26). When you are ignorant of what to pray for and unsure how to pray, the Spirit will make appeals for you. Don’t worry about thoughts or words. The Spirit is helping as Christ said He would (John 14:16). This is a form of “praying in the Spirit.” Just remain “in the Spirit until you feel released, and let Him do the praying.