



# Prayer Weakness

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*"Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words." Romans 8:26*

Prayer weakness is the gateway to prayer breakthrough. We normally hide our prayer weakness and think it is a hindrance. No way! Embracing our prayer weakness is the key to accelerated spiritual growth.

While we have many weaknesses, the particular weakness the Apostle Paul is referring to here is prayer weakness. It does not say that Spirit helps us in our prayer strength, instead, He helps us in our prayer weakness.

The apostles themselves were full of prayer weakness.

*"Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, 'Lord, teach us to pray, as John taught his disciples.'" Luke 11:1*

*"And he came to the disciples and found them sleeping. And he said to Peter, 'So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.'" Matthew 26:40-41*

*"Likewise the Spirit helps (Greek: sun-anti-lambanomai) us in our weakness." Romans 8:26*

**lambanomai** - to take hold of, to take charge of, to choose, to apprehend, to make one's own.

**sun** - with, alongside, to accompany.

**anti** - instead of, in place of, on behalf of.

The Holy Spirit "helps" us in our prayer weakness; that is to say, He takes charge of our prayer lives, with us, and at times, instead of.

There are two sides of prayer: 1) We talk to God; 2) God talks to us.

We have two sides of prayer weakness:

- Weakness in talking to God.
- Weakness in listening to God.

The Spirit helps us **talk** to God.

*"For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, 'Abba! Father!'" Romans 8:15*

The Spirit helps us **listen** to God.

*"The Spirit himself bears witness with our spirit that we are children of God." Romans 8:16*

*"Praying at all times in the Spirit with all prayer and supplication." Ephesians 6:18*

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