



Wednesday Prayer

Pentecost – The Spirit intercedes for us

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. Romans 8:26-27

If you are like me, I become bogged down trying to pray for victims of sexual violence and sex trafficking. I don't know where to begin. Part of my own healing from the sexual violence that I survived has been to speak to groups about recovering from trauma and finding hope in our personal relationships with God. I feel elated when I use my very small voice to help people understand trauma. I believe I am surely "doing God's will." But sometimes I second guess myself and wonder if I really make any difference at all. It is at those low times that I turn to Romans 8:26-27 and remember that "the Spirit intercedes for [us] according to the will of God."

Our loving God steps in to provide help when we feel most helpless! God just never stops making us feel like we are truly "a chosen generation, a royal priesthood" (1 Peter 2:9). We don't have to have all the right words or be able to hold all trauma victims in our hearts and minds simultaneously. The Spirit takes our "groanings, our sighs too deep for words"—our imperfect thoughts and words—and translates them into prayers that are perfect and complete in the eyes of God. In other words, we cannot lose at prayer, as long as we are sincere.

In this imperfect world in which we are *all* broken, the Spirit comes to help us pray, to hold us in our own pain, to encourage us in our rising from that pain, and to turn that pain into powerful petitions when we don't know how to pray. The promise of eternal life may seem distant and unimportant when life tears at our souls. But the Spirit promises to be with us in *this* life, in *this* journey too. Through the Spirit, our earthly walk is abundant beyond our wildest dreams because we don't have to prove ourselves in any way. Whether we are praying or acting out God's love, God quietly watches as we struggle, and shows us the high road again. The Spirit's presence in and around us is the ultimate host, ushering us toward God's will even as we doubt ourselves in the process.

Holy Spirit come, pray with us and for us, and guide us in Your will. Amen.

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