



HELP OF THE HOLY SPIRIT IN MY SORROW

Romans 8:26: "In the same way, the Spirit helps us in our weakness."

Sickness, injuries and pain often make one feel alone. Because:

- your family does not fully appreciate the difficulties of being in hospital
- the hospital staff attend to the symptoms only - they only look at the body
- other visitors do visit, but mostly out of politeness.

Eventually you tend to feel isolated in your own thoughts, anxieties, worries and pain.

This verse in Rom 8 indicates that there is always One who knows exactly how you feel and what you are experiencing. God knows, because the Spirit intercedes for us before God with groans that words cannot express.

- All my fears about the future.
- All my anguish about a complete recovery.
- All my worries about my loved ones.

- All my struggles with the pain, yes, the Spirit takes all these on my behalf to God.

Therefore, you are not alone. There is another One who knows. The Spirit interceded on your behalf before God, even when you have no more words and your prayers remain silent. How great is the comfort, to know that your heavenly Father knows the exact detail for all your anxieties.

Will He not be the One who will provide and care and bring relief?



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