

“And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.” Romans 8:26 NLT

lectio // Romans 8:26-27

So true. This verse is connected with the “all things work together for good” verse in 28. There are so many times that frustration, emotion, or just a lack of control seems to drive me to paralysis. I’m just frozen, filled with anything but faith. It’s not just a loss of words. It’s a complete mental shutdown by not knowing what to say or what to do. As a nine, I’ll often just lay down, close my eyes and hope that when I open them again - the world will somehow be different. If I’m in my car or out on a walk, I’ll try to articulate how how feel and force words out of my mouth. They don’t sound very spiritual. And, in very awful situations I have just groaned and cried, not knowing how to express what i’m feeling or how I should pray. At these times, I feel very close to God in some ways, but also super vulnerable and very dark. In those moments this truth becomes very real - God hears me and the Holy Spirit picks up my angst and delivers it to God in unutterable words.

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pray as responding to the words, phrase, sentence that God has stirred within you

Dad,
 You know me. What a relief. You love me. What a comfort. You made me and know my very thoughts. What a safe place. I can be so turned around, so upside down, so mixed up and wound up in my emotions and still you say - come to me. My sin, my anger says RUN and hide, but my brokenness is so attracted to your grace. I bring you my chaos and you gently replace it with peace. Oh thank you God!

contemplatio

rest in the presence of God, allowing the words revealed to take root