

PRAYER LESSON 205

Unable to Pray

In the Old Testament we find that God often punished his people when they left the worship of the one true God and began following other gods. The chosen people thought that the act of worship, with all its rules and rituals, was what God wanted from them. What God really wanted was a relationship with them.

When God punished the people for their disobedience and unbelief they called out to him for rescue, but Isaiah wrote in Isaiah 26:16 **Lord, they came to you in their distress; when you disciplined them, they could barely whisper a prayer.** The weight of God's punishment was so severe that they were barely able to pray.

Have you ever felt like that? The burdens of life are so heavy that prayer comes only with great difficulty. Maybe you are disappointed with God. You thought he would take better care of you and now you have difficulties. God has provided for those times too. Paul says that God's Holy Spirit is available to us and will take over for us when we are in distress. Paul wrote in Romans 8:26-27, **the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.**

So, don't worry when you are too tired or too sore or too depressed to pray. God has provided his own Spirit to pray on your behalf. God is faithful and as the psalmist says in Psalm 106:1 **Give thanks to the Lord, for he is good; his love endures forever.**