January 2016 – Pray
Week Four Romans 8:26-27

"Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good."
Romans 8:26-28The Message (MSG)

In a nut shell, we are not left to our own resources to cope with problems. Even when you do not know the right words to pray, HE KNOWS YOUR HEART. The Holy Spirit prays with and for you and God hears it. With God helping you pray, you do not need to be afraid to come to Him.
This week's verse comes from The Message translation. Takes some time this week to look up different translations on www.biblegateway.com and write them out on the next page and reflect on them as you make your way through the week.
If you have something on your heart that you want to pray about, consider writing out keys words that you want to pray about. Sometimes just getting the words out of your head and onto paper makes a difference.