

## THE SPIRIT HELPS YOU

October 15, 2022

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Romans 8:23-39

### Memory Verse

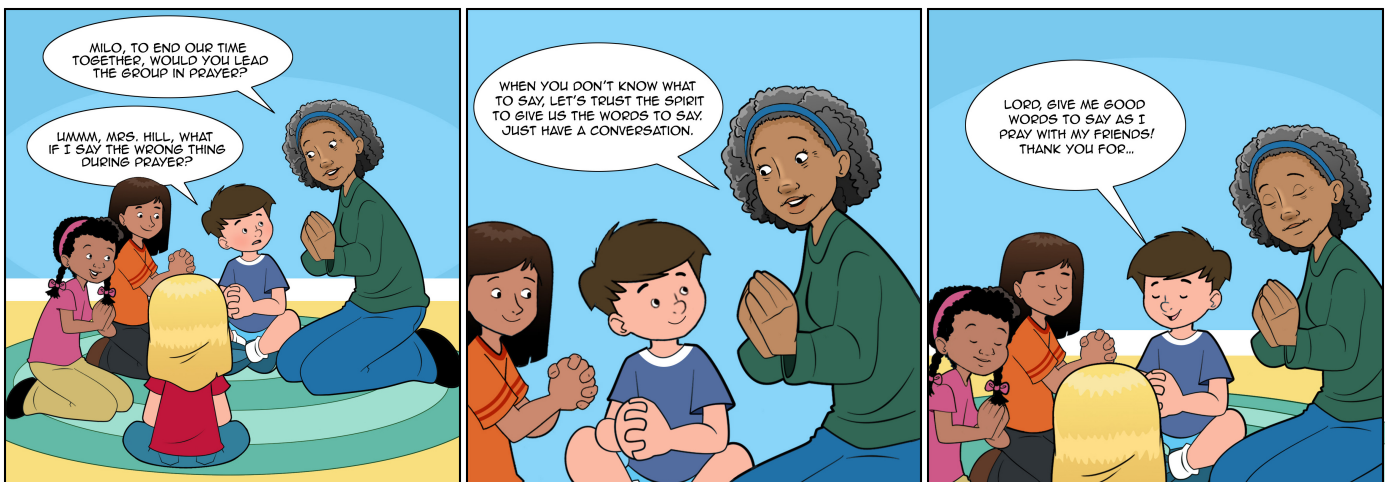
<sup>26</sup> In certain ways we are weak, but the Spirit is here to help us. For example, when we don't know what to pray for, the Spirit prays for us in ways that cannot be put into words.

Romans 8:26



## CASEY'S DAY

written by Ron VandenBurg  
illustrated by Chad Thompson



Brian felt nervous. The teacher had just asked him to pray at the end of Sunday School. All he knew about prayer was that he had to keep his eyes closed and hands folded for a very long time. He didn't really know how to pray, what to pray for, or if he even knew the right words. Maybe you have felt the same way.

Has someone ever asked you to pray for something? What was it? How did you feel when they asked you? How did you feel after you said, "Amen"?

In the book of Romans, the apostle Paul comforts us when we feel nervous about praying. He reminds us that God knows what we are praying for, even when we can not think of the words to say. Even when we're so frustrated that all we can do is stomp our feet, or we're so sad that all we can do is cry, God knows what we want to say! Even when we say the wrong things or the wrong name when we pray, God knows what we meant and interprets our words correctly!

God knows you and your heart; you do not have to figure everything out before you pray. You can just start praying whenever! God already knows what is going on in your life and what you want to say, so you do not have to worry about confusing him or praying for the wrong thing. The next time somebody asks you to pray, just let God know what you are thinking, and do not worry about saying the “right” things.

## Prayer

Dear God, Thank you for listening to me no matter what and knowing what I am trying to say even when it is hard. Amen.

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*written by Philip Vander Windt*

<https://kidscorner.net/devotions/the-spirit-helps-you>  
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