

# Go-Between Prayer

## Scripture Reading

26And 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. 27And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. 28And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. 29For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters. 30And having chosen them, he called them to come to him. And having called them, he gave them right standing with himself. And having given them right standing, he gave them his glory. 31What shall we say about such wonderful things as these? If God is for us, who can ever be against us? 32Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? 33Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. 34Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us.

Romans 8:26-34 (NLT) ([ptents.com/s/Rom8.26-34](https://www.ptents.com/s/Rom8.26-34))

## Insight

The terminology Paul uses in Romans 8:31–35 are legal terms used in court. Words such as charge, justify, and condemn fit well into the passage where Paul discusses legalities, giving readers the image of a heavenly courtroom. Additionally, Paul explains that no one condemns believers in Christ (building on his statement in verse 1) because Jesus died for them and is now interceding on their behalf (v. 34). The word interceding has the idea of someone approaching a ruler in court on behalf of someone else, making petitions for them. It's interesting to note that both Christ and the Holy Spirit do this for us (vv. 26–29, 34). Jesus, the one who could condemn believers, instead died and is now seated at the right hand of God on our behalf.

Late one Saturday afternoon, my family and I stopped at a local restaurant for lunch. As the waiter set crispy fries and thick burgers on our table, my husband glanced up and asked his name. Then he said, “We pray as a family before we eat. Is there something we can pray for you today?” Allen, whose name we now knew, looked at us with a mixture of surprise and anxiety. A short silence followed before he told us that he was sleeping on his friend's couch each night, his car had just quit working, and he was broke.

As my husband quietly asked God to provide for Allen and show him His love, I thought about how our go-between prayer was similar to what happens when the Holy Spirit takes up our cause and connects us with God. In our moments of greatest need—when we realize we're no match to handle life on our own, when we don't know what to say to God, “The Spirit intercedes for God's people” ([Romans 8:27](#)). What the Spirit says is a mystery, but we're assured that it always fits with God's will for our lives.

The next time you pray for God's guidance, provision, and protection in someone else's life, let that act of kindness remind you that your spiritual needs are also being lifted to God who knows your name and cares about your problems.

## Reflect & Pray

Is there anyone you can pray for today? How might you respond to temptation differently if you knew that the Holy Spirit was praying for you during the struggle?

Jesus, I thank You that temptation has no power to separate me from You. Please give me victory today through the power of Your resurrection from the dead.