

SERMON NOTES

July 4 & 5, 2026

The Holy Spirit Series: The Helper Romans 8:26a NIV

How Do I Let the Holy Spirit Help?

Romans 8:18

1. Start viewing my suffering _____ God's promise.
2. Stop saying I am _____ when I am not.
3. Stop _____ my suffering by comparing it to the suffering of others.

How does the Holy Spirit help?

Romans 8:26b NIV

1. The Holy Spirit _____ for me.
 - Intercede: means "to go between" or "to intervene."
2. The Holy Spirit _____ me through suffering, not _____ me from it.
 - The Holy Spirit helps us pray with wordless _____.
 - The Holy Spirit _____ to face suffering and pray God's _____ into the present.
 - The Holy Spirit helps me discover the _____ about my identity and reject _____.
 - The Holy Spirit helps me _____ I will be ok in my spirit before my eyes are _____ the way.

Romans 8:18 NIV
 - The Holy Spirit becomes the bridge between who I was _____ and who I _____ become.

Romans 8:27a

3 Things to Stay Open to the Spirit

1. Don't _____.
2. Do 1 thing that brings me _____ weekly.

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3. _____ and _____ daily.
 - The Holy Spirit takes what the enemy meant for _____ and turns it for _____.

2 Corinthians 12:9-10

Life Steps

The Holy Spirit Series: The Helper | July 6-12, 2026

Monday

Romans 8:18-21

Reflect: Name seasons of suffering in your life. What seasons are you still in the middle of? What seasons can you see how the Holy Spirit helped you through?

Prayer: God, I trust I can find refuge in Your presence, and in Your presence, the Holy Spirit will renew me from the inside out even as I face my suffering. Amen.

Tuesday

Romans 8:22-25

Reflect: What situations, conversations, or relationships leave you speechless and groaning in your spirit? What is your hope for each of those that you named?

Prayer: God, I give you thanks for the future glory you will reveal in me. Help me have hope for what I cannot see. Help me trust you are working it out. Amen.

Wednesday

Romans 8:26

Reflect: People and words can fail us, but the Spirit won't.

Prayer: Set a 2 Minute timer and spend 2 minutes in silence with Jesus. No words needed today.

Thursday

Romans 8:27

Reflect: In this heart-searching process, God is able to create alignment between His will for our lives and what we want in our lives. What might you be holding onto that has already caused, or has the potential to, cause suffering?

Prayer: God, you know me better than I know myself. Search me and reveal to me what I am holding on to that You need me to let go of? A thought? Habit? Friendship? Give me the courage to let go of whatever you reveal. Amen.

Friday

Romans 8:28-30

Reflect: God set glory in you, not beyond you. Where in your life or in what situation is it difficult to believe he is working for your good? Who has God placed on your mind or heart that may need to be encouraged that God is with them in their suffering?

Prayer: God, help my unbelief in times of suffering. Help me see my suffering through your promise and not my pain. Amen. Or... God, help me be an instrument to others who are suffering so they may know your promise can sustain them in their pain. Amen.

Saturday

Romans 8:31-33

Reflect: Sometimes we do not get what we pray for. Sometimes healing does not happen on this side of eternity. Sometimes the charge brought against us is suffering. God is still FOR us. Are these truths easy or difficult to exist together? Why or why not?

Prayer: God, I know you are not the cause of suffering. Sustain me in the storm. I trust you to lead me through it. Amen.

Sunday

Romans 8:36-39CSB

Reflect: It is the love of Jesus that makes us conquerors. What situation, conversation, relationship, or thought do you need to surrender to Jesus that is too heavy to carry?

Prayer: God, I surrender everything out of my control to you. I come to you weary, knowing I will find rest in your presence as you work all things together for the good of those who love you. Amen.