

# Hope and Help

## I. Scripture Lesson

Romans 8:26-30 (ESV)

<sup>26</sup>Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

<sup>27</sup>And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. <sup>28</sup>And we know that for those who love God all things work together for good, for those who are called according to his purpose. <sup>29</sup>For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. <sup>30</sup>And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

## II. Introduction

“Requesting assistance from colleagues or friends, whether it be for a work assignment or to help care for our children when we are sick, is something many people have trouble doing... In a society largely based on helping yourself — just go to any bookstore or library and browse the voluminous self-help section — it may seem odd to promote the idea that we need to learn better ways to ask for and receive assistance... there is a tendency to act as if it’s a deficiency.”

- Alina Tugend, “Why is Asking for Help so Difficult”

“Asking for help is a universally dreaded endeavor... seven out of ten people admit they could have used help over the last week but didn't ask for it... and here are the top reasons why: 1) we were never taught how to ask for help, 2) we love our independence, 3) we think it's easier to do it on our own, and 4) fear.”

- Nora Klaver, *Mayday! Asking for Help in Times of Need.*

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## III. Big Idea

**The sustaining and transforming power of the Spirit enables hope to reign in the heart despite circumstances.**

- The Need for Help
- How We're Helped
- Why We're Helped

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#### IV. The Need for Help

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#### V. How the Spirit Helps

“It is weakness in prayer that Paul zeros in on, and the Spirit’s help in prayer is the answer to our weakness.”

- T. Schreiner

“God always gives you what you would've asked for if you knew everything that he knows.”

- T. Keller

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“If you are in Christ, suffering is not a sign of God’s absence but a reminder that he is the God of the Cross who is not waiting for us on the other side of hard times.”

- J. Treat

“Receive every inward and outward trouble, every disappointment...darkness...and desolation, with both thy hands, as a true opportunity, and blessed occasion, of dying to self, and entering into a fuller fellowship with thy self-denying, suffering Saviour...look at no inward, or outward trouble, in any other view; reject every other thought about it; and then every kind of trial and distress, will become the blessed day of thy prosperity.”

- W. Law

“By a wonderful contrivance God turns those things which seem to be evils in such a way as to promote our salvation.”

- J. Calvin

“The persons of the Trinity are firmly established in one another...they are inseparable but keep to their separate courses while still clinging to one another.”

- St. John of Damascus

“There is no God other than the Father, the Son, and the Holy Spirit...there is excluded any notion of the Person enjoying individual status independent of his union with the other two.”

- E.L. Mascall

#### VI. Why the Spirit Helps

Isaiah 53:7

He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth.

#### VII. Conclusion

Psalm 37:14

When the righteous cry for help, the Lord hears and delivers them out of all their troubles.