1. **Romans 8 is a marvelous chapter that speaks of how God uses the Spirit to conform us to the image of Christ**. It is a bumpy road we travel as the Holy Spirit transforms us to be like Christ. This is what the Spirit loves to do. He deconstructs and reconstructs us and is our helper in this supernatural task.
2. **Romans 8:18 says we go through difficulties and suffering in order to get to the glory**. One of the most repeated words in this chapter is ***‘groaning’***.
	1. **Romans 8:22** says that ***the whole creation groans*** in the pains of childbirth, **waiting for it to be fully birthed into a new creation**.
	2. **Romans 8:23** says that ***we who are Christ’s, also groan*** because we have the first fruits of the Spirit and **we long for our final glorification**. We groan as we eagerly anticipate the final redemption of our bodies.
	3. **Romans 8:26** says that ***the Spirit groans* with us** with groanings too deep for words. Notice: **The presence of The Spirit in us is the *cause* of our groaning**! We are in transition and long for our final glorification, when we will be free from the vestiges of sin. **These groanings are *proof* of the Spirit dwelling within us**. It is not a groan of *despair*, but of *longing*!! We groan *inwardly* and wait *eagerly*.
3. **Romans 8:26** states that, **through the Spirit, God helps and makes provision for our weakness**. ‘*Helps’* really is a mixture of powerful words: ‘*to take something alongside’* as synergistically. But also ‘*to take something opposite, or against’*. It is the picture of two people lifting a log together with each one on opposite ends. One helps the other. The friend doesn’t do it *for* him, but *with* him. The friend helps by lifting the heavy end together WITH you. ***By the power of the Spirit,* we are helped in our weakness to live for God**. The Holy Spirit lifts the heavy end of the log for us in our weakness. **Romans 8:28** states that God works ***ALL*** things for our good according to his purposes.
4. **The Holy Spirit is the explanation for our groaning in our weakness.** **Romans 8:26-28:** the Holy Spirit helps us in our weakness. Intercessory Prayer is, by its nature, admission of our weakness to God. **But we can be so weakened that we feel we don’t even know *what* to say**. This is us in our total helplessness and weakness. Paul says that the Spirit ***HELPS*** us. He doesn’t do it *for* us, or berate for being weak; but, instead he *helps* us. **The Spirit helps us with groanings too deep for words**. He knows the will of God, and he intercedes accordingly for us with deep groanings.
5. Sinclair tells the story of his **cousin Johnny** who was paralyzed by a stroke. He couldn’t communicate except with groans; but his wife understood perfectly and could respond timely and perfectly to the groans he uttered, though no one else could understand. The Spirit works in a similar manner in us.