

## **On The Road To Emmaus**

Our daily lives can seem to be a bit overwhelmed in this present age of violence and virus. One result of feeling overwhelmed is that we can become paralyzed. This paralysis also affects our prayers. It is easy to forget that we have a helper that can and will assist us in our prayers.

The Scripture tells us: *“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.”*  
(Romans 8:26 esv)

This verse emphasizes that we have a lack of knowledge about how and what to pray for. We are limited. We are unable to see everything that is needed so that we might be successful in our prayers. This is why we need divine guidance and help. Thankfully, we are not left to try to work this out on our own but rather we are given the help of the Holy Spirit.

As a disciple of Jesus walking on the road that He has assigned, have you experienced moments when you didn't know how to pray? Have you ever been in a difficult situation and not known how to get out of it? Have you ever prayed, Lord, I don't even know what to say! Please help me!?! The Holy Spirit, is our answer. He is our divine Helper. He is ready to come to our rescue! All we have to do is ask.

## **A Fellow Disciple**