



SIEBENQUELL

» The Spirit helps us in our weakness.«



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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.

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.

2And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Röm 8, 26-28

Paul describes an important moment in the encounter between the Spirit of God and us. Deep within us burns a question: How would others deal with me if they really knew what I am like? Or, to put it another way, how would they deal with my weakness if I showed it?

This question also arouses quite a bit of fear in us. We suspect or expect nothing good. We suspect that we will be excluded, rejected and no longer looked at in the same way. Perhaps we will be pitied, perhaps rejected. We assume that we will most likely be diminished in the eyes of others.

For us humans, acceptance is often associated with quite complex disfigurements. We twist ourselves out of shape and wear masks. We cultivate an outward image that does not necessarily have anything to do with our inner state. We try to fulfil the expectations that are placed on us, because that is often the price of acceptance. Therefore, we only show our best side, because the other sides that belong to us are not accepted.

We do not simply assume that others will accept our weakness. We also rarely assume that the Spirit of God will accept our weakness. If we honestly look at our prayer life, we would have to ask critical questions. Do we show ourselves to God as we are? Do we dare to express what is inside us, our questions, insecurities, fears, doubts? Do we not wear masks before God?

Recently I had a woman in a course who remarked how illogical it is to pretend before God, because he already knows everything anyway and therefore it makes no sense to pretend anything. But we humans do this not because it is logical, but because we are afraid. Logic is the last passion of God, because it neither shapes nor heals the human heart.

We humans are afraid that the Spirit will not take care of our weakness. This is deeply connected to our longing for a home, the place where we are accepted and welcomed as we are. But if God (the Spirit) takes care of our weakness, if he is the place where we are accepted and welcomed as we are, then God is our home.

This God works with our weakness. And Paul is quite specific about this. **»For we do not know what to pray for as we ought.«** That is a description of our weakness. Sometimes we don't even know what we want. **»But the Spirit himself intercedes for us.«** Here Paul describes that this Spirit of God works with the weakness he finds. And this Spirit intercedes for us **»with groanings too deep for words«**. In other words, the Spirit shows a deep understanding for what we cannot articulate and formulate, for everything in our lives where, for the moment, we are at a loss for words. This, in turn, strengthens us until we can move on, speak, express what is within us.

As soon as God takes care of my weakness, I can work with him on this weakness. Then we will do what the psalmist says.

**But I trusted in your steadfast love;
my heart shall rejoice in your salvation. (Psalm 13, 5)**

For until weakness is accepted, we cannot work on it, for we are too busy hiding, denying, and concealing it.

God builds on our weakness, and we build on the grace of His acceptance. On this foundation, we can build with God a solid, habitable and sheltering space in which to live.

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