

Devotion, Week of March 8, 2026—Lent 3
Rev. Jeanne Simpson

“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.” *Romans 8:26*

Do you ever want to pray, but can't think of the appropriate words? Sometimes we're in such pain that all we can do is sigh in despair. As Anne Lamott, says, sometimes all we can say is “Help me, Lord.” I have days when I have trouble finding something to be thankful for. Days full of frustration and chaos where nothing good seems to get done. I want to pour out my sorrows to God, but I feel guilty about doing that. So I get stuck in my conversation with God. “Help me, Lord” seems about all I can say.

But you know what? That's enough for God. God knows what's in our hearts and understands our sorrows and frustrations. God knows what we need before we even know what to ask for. When we have sighs that are too deep for words, the Holy Spirit sighs along with us. But then that Spirit of God enters us and begins knitting us back together into people who feel comfort in the presence of God. We can say “Thank you Lord,” knowing that it is enough when we cannot speak, but only sigh.

I hope you feel God's healing presence this week as you pray for help so that you can sigh in relief, finally, and tell God “thank you.”

Jeanne