

## Romans 8:26-27

*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. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.*

Tucked away in the beauty of this New England October I feel blessed to be able to arise and look out at my peaceful surroundings. I try to imagine, just for a moment, that the whole world is this beautiful and this calm. But that is only a dream and most of us are unable to stay with that for any length of time these days. As the election draws near in this year that has already been like a terrifying roller coaster ride, we try to catch our breath before the next too fast curve or drop off.

Paul’s letter to the Romans says that *the whole creation has been groaning in pains of childbirth right up to the present time. (Rom 8:22)* The struggles in our world are nothing new. There has always been death and disease, oppressors and the oppressed, rich and poor and people who make themselves feel strong and important by trying to make others feel like less than they really are. And we know there have always been dreamers too, who believe this world can be better, that we can be better, and we can make a difference if we stay engaged and involved, work hard and pray harder. We keep trying because it matters. We keep praying because that makes a difference too.

All creation is groaning as we dare to hope for those things unseen, hope for a world free from pandemic, hope for an election that is honest and leaders and citizens who all truly want us to be united, hope for acceptance no matter who we are, hope that our children and loved ones will always be safe. I know mine is a dream built on hope and faith. I believe when there are times that we have no words left to pray we can trust that the Spirit will step in for us with sighs too deep for words.

When it feels like life is out of control and the world has gone mad, we can stop, be still, and pray. It may not change the world, but it can change us. If we can only change the world one heart at a time let’s start with our own.

### Prayer:

Holy One, when my heart is breaking, and I feel empty and have no words left in me to pray I know that I can count on You to send the Spirit to intercede. Together may we pray with sighs too deep for words; breathe in, breathe out. Together may we pour out all of our pain and sorrow and make room for new hope. Amen

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