



Lent Journey 2026

WEEK 4: A LIFE OF PRAYER

*The Father hears us,
the Son intercedes for us,
and the Spirit prays within us.*



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Day 19 of Lent, Wednesday, March 11

Theme: Prayer in Our Weakness

When words elude us.....

Prayer often reveals our weakness. We may struggle to find words, to focus our thoughts, or to understand what we truly need. Yet Scripture assures us that even in weakness, **we are not alone in prayer.**

Paul writes: **"In the same way, the Spirit helps us in our weakness."** (*Romans 8:26*) **"And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God."** (*Romans 8:27*)

When our prayers feel uncertain or incomplete, the **Holy Spirit carries them before the Father.** Through **Jesus Christ**, we already stand welcomed in God's presence. The Spirit gathers our questions, our tears, and even our silence into the loving conversation of the Trinity.

This means our prayer life does not depend on eloquence or spiritual strength. Prayer rests on the **faithfulness of God**—the Father who receives us, the Son who intercedes for us, and the Spirit who prays within us.

When words fail, **God hears the prayers of the heart.**

Reflection Question: Where do I feel weakness or uncertainty in my prayer life?

Challenge: Spend a few moments in quiet prayer today. Even if you have no words, trust that the **Spirit is praying with you and for you.**

[Pray for the Holy Spirit to lead families in Richmond Hill to Christ in this Lenten Season.](#)

