

Travailing in the Spirit

A. Travailing in the Spirit is Intercession Led by the Holy Spirit

1. Romans 8:26-27

²⁶ Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but **the Spirit Himself makes intercession for us with groanings which cannot be uttered.**

²⁷ Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints **according to the will of God.**

a. Romans 8:26-27 (AMPC)

²⁶ So too the [Holy] Spirit comes to our aid and bears us up in our weakness; for we do not know what prayer to offer nor how to offer it worthily as we ought, but **the Spirit Himself goes to meet our supplication and pleads in our behalf with unspeakable yearnings and groanings too deep for utterance.**

²⁷ And He Who searches the hearts of men knows what is in the mind of the [Holy] Spirit [what His intent is], because the Spirit intercedes and pleads [before God] in behalf of the saints according to and in harmony with God's will.

2. 2 Corinthians 7:10 For **godly sorrow produces repentance leading to salvation**, not to be regretted; but the sorrow of the world produces death.

3. Ecclesiastes 3:4 A time to weep, and a time to laugh; a time to mourn, and a time to dance.

4. Psalm 126:5-6

⁵ Those who **sow in tears shall reap in joy.**

⁶ He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, **bringing his sheaves with him.**

5. John 16:20-22

²⁰ Most assuredly, I say to you that **you will weep and lament**, but the world will rejoice; and **you will be sorrowful, but your sorrow will be turned into joy.**

²¹ **A woman, when she is in labor, has sorrow** because her hour has come; **but as soon as she has given birth to the child, she no longer remembers the anguish, for joy that a human being has been born** into the world.

²² Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you.

B. The Results of Travailing in the Spirit

1. Galatians 4:19 (AMPC) My little children, for whom I am again **suffering birth pangs** until **Christ is completely and permanently formed (molded) within you.**

2. Colossians 1:24 I now **rejoice in my sufferings for you**, and fill up in my flesh what is lacking in the afflictions of Christ, for the sake of His body, which is the church.
3. Isaiah 66:8 Who has heard such a thing? Who has seen such things? Shall the earth be made to give birth in one day? Or shall a nation be born at once? **For as soon as Zion was in labor, she gave birth to her children.**
 - a. Travailing by laboring in intercession will bring forth children of God.
4. 1 Samuel 1:8,10,12,13,14,15,17,18,20
8 Then Elkanah her husband said to her, “Hannah, **why do you weep?** Why do you not eat? And **why is your heart grieved?**...
10 And **she...prayed to the Lord and wept in anguish...**12 ...Eli watched her mouth...13 Therefore Eli thought she was drunk. 14 So Eli said to her, “How long will you be drunk? ...15 But Hannah answered and said, “No, my lord, I am a woman **of sorrowful spirit**. I have drunk neither wine nor intoxicating drink, **but have poured out my soul before the Lord.**
17 Then Eli answered and said, **Go in peace, and the God of Israel grant your petition which you have asked of Him.**
18 And she said, **Let your maidservant find favor in your sight.** So the woman went her way and ate, and her face was no longer sad.
20 So it came to pass in the process of time that **Hannah conceived and bore a son, and called his name Samuel, saying, Because I have asked for him from the Lord.**
 - a. Hannah’s travail produced a son.
5. Daniel 7:15 I, Daniel, was grieved in my spirit within my body, and the visions of my head troubled me.
6. Galatians 3:28 There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus.
 - a. There is no male or female in Christ Jesus; therefore, the Holy Spirit will use both Christian men and women to Travail in the Spirit to intercede that which weighs heavy of the Father God’s heart that He wants birthed into the earth.
7. Jeremiah 30:5-6 5 For thus says the Lord: we have heard a voice of trembling, of fear, and not of peace. 6 Ask now, and see, whether a man is ever in labor with child? So why do I see every man with his hands on his loins like a woman in labor, and all faces turned pale?
8. After travail in prayer, these men were set free to serve the Lord.
9. When we Travail in the Spirit, the Holy Spirit will intercede through us to carry a spiritual burden for someone else or for yourself to get a break through and victory.

- a. Let the Holy Spirit guide you through groanings and sometimes crying out to God in Tongues until you get a release and joy like Jesus did.
10. John 11:32-34, 38-44
- 32 Then, when Mary came where Jesus was, and saw Him, she fell down at His feet, saying to Him, Lord, if You had been here, my brother would not have died.
- 33 Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, **He groaned in the spirit and was troubled.**
- 34 And He said, Where have you laid him?
- 38 Then **Jesus, again groaning in Himself**, came to the tomb. It was a cave, and a stone lay against it.
- 39 Jesus said, Take away the stone. Martha, the sister of him who was dead, said to Him, Lord, by this time there is a stench, for he has been dead four days.
- 40 Jesus said to her, Did I not say to you that if you would believe you would see the glory of God?
- 41 Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, Father, I thank You that You have heard Me.
- 42 And I know that You always hear Me, but because of the people who are standing by I said this, that they may believe that You sent Me.
- 43 Now when He had said these things, He cried with a loud voice, Lazarus, come forth!
- 44 And he who had died came out bound hand and foot with graveclothes, and his face was wrapped with a cloth. Jesus said to them, **“Loose him, and let him go.**
11. 2 Timothy 2:12 **If we endure, we shall also reign with Him!**