



# Friday, September 23

## READ

Romans 8:26-27 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. 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.

## ASK

What key word or phrase sticks out to you in this passage?

## AT THE END OF THE DAY, REFLECT

Where did I sense God's loving presence alongside me today?

**CHALLENGE:** As you begin each day, pray: "God, what do you have for me today?" As you go throughout your day, repeat this prayer to yourself: "Come, Holy Spirit."  
*(Tip: schedule this in your phone for regular intervals, or practice it each time you enter a big meeting, conversation, or different space.)*

## ALPHA

## COFFEE WITH A PASTOR

## TAKE A SPIRITUAL GIFTS INVENTORY