

*Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.*

Romans 8:26

*Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

Hebrews 4:16

*In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.*

Psalms 18:6

*He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."*

Psalms 91:1