



SPIRIT PRAYER

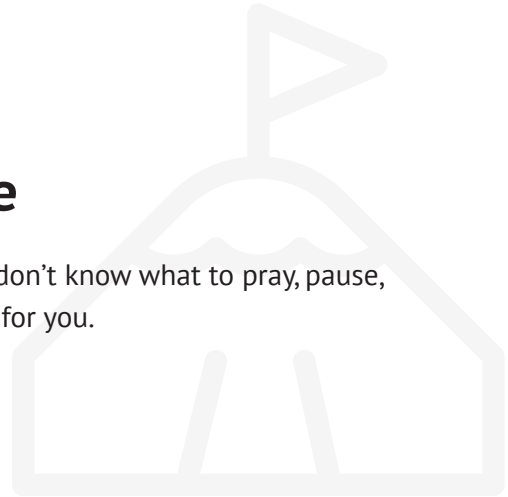
SUMMARY | How can we pray when we can't seem to put our needs into words or summon the energy—or the faith—to bring our desires to God? Scripture tells us that in such moments, God provides someone to pray on our behalf—the Holy Spirit. The Spirit hears our groans and intercedes for us through His own groans and perfect prayers. As we consider “Spirit Prayer” from Paul’s letter to the Romans, chapter 8, we’ll discover a resource ready to meet our need when we can’t seem to pray.

This Week’s Discussion Questions

1. Read Romans 8 in one sitting. What strikes you about this portion of Paul’s letter?
2. Paul describes our state of “weakness” in Romans 8:26, meaning physically, mentally, and spiritually weak due to our in-between state of belonging to Christ and yet still being in the flesh. How have you experienced such a weakness?
3. In verse 26, Paul describes how the Spirit helps us when we don’t know how to pray by interceding, which means appealing our case. How have you experienced the Spirit’s intercession in your life?
4. The Spirit also intercedes with wordless groans (verse 26). Describe what you think Paul means here. Have you ever experienced the Spirit’s groans in your prayer life?
5. When we don’t know how to pray, Paul writes that the Spirit “intercedes for [us] in accordance with the will of God” (v. 27). What does this mean to you today?

Challenge

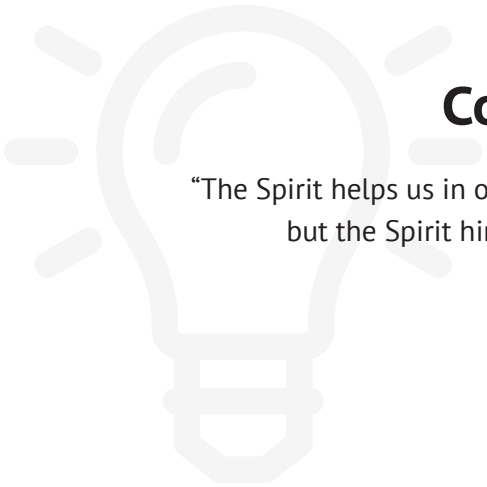
When you next experience a moment when you don't know what to pray, pause, and ask the Spirit to pray for you.



Commit To Memory

“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”

Romans 8:26



Prayer

Dear God, help me to remember that when I don't know what to pray, our Spirit is praying for me. Amen.

