

life in the Spirit | **Romans 8**

Groaning in Prayer

Romans 8:18-27

May 7, 2023

Introduction: There are two ways to live. Not: good versus bad or easy versus hard. But: on your own or with the Holy Spirit. If you believe in Jesus, you've got the Holy Spirit within you. Which presents you with options: either you can go back to your old life or you can discover the fresh possibilities of a totally new life with the Holy Spirit. "I believe in the Holy Ghost". Maybe you've said it before. Now it's time to learn how to live it.

Prayer: Father, through your Holy word and our conversation help us to gain a deeper understanding of prayer and of your Holy Spirit. Amen

Read: Romans 8:18-27

Review: What effect did reminding yourself that you are a child of God when you pray make in your prayer life this past week?

Discussion:

1. How does the metaphor of childbirth help you understand Paul's posture toward suffering?
2. What event led creation to be subjected to frustration (v20)? Who subjected it? What was the hope that was promised at the time it was frustrated? (For help see Genesis 3)
3. What reason does Paul give for our groanings in verse 23? For what are we along with the rest of creation waiting?
4. When have you found yourself at a loss for words to pray for something or someone?
5. Explain verse 27 in your own words. How might remembering this help you when you find yourself unable to express yourself to God in prayer?

Application: This week try trusting the Holy Spirit to guide and direct your prayers.

Prayer: Father, thank you that even when we don't know how to pray, your Spirit helps us. Encourage us with that hope so that we spend more time praying. Amen.