



## The Groaning of the Holy Spirit (pt. 1) Romans 8:26-27

### I. The Spirit Helps Us In Our Weakness (v. 26a)

- A. \_\_\_\_\_ weakness  
(Lk. 10:40; 2 Cor. 4:16; Isa. 40:29; Mk. 14:37-38)
- B. \_\_\_\_\_ weakness  
(Psa. 42:5; 6:6; 2 Cor. 1:8)
- C. \_\_\_\_\_ weakness  
(Jms. 4:3; Phil. 2:12-13; 1 Cor. 12:9)

### II. The Spirit Intercedes With Groanings (v. 26b)

- A. We don't always \_\_\_\_\_ how to pray  
(2 Cor. 12:8-9; Ex. 5:22; Psa. 38:9; 2 Chron. 20:12)
- B. The Spirit \_\_\_\_\_ how to pray for us  
(Rom. 8:9; Jn. 14:16-17; 1 Cor. 6:19)

### 5 Ways Jesus Prays for Believers

1. Jesus prays for believers in His high \_\_\_\_\_ prayer (Jn. 17:9, 20, 24)
2. Jesus prays for \_\_\_\_\_ faith  
(Lk. 22:31-32)
3. Jesus intercedes continually for believers \_\_\_\_\_  
(Heb. 7:25)
4. Jesus is our \_\_\_\_\_ before the Father  
(1 Jn. 2:1)

5. Jesus promises the Father will \_\_\_\_\_ His requests (Jn. 11:41-42)

### While you were praying imperfectly, the Spirit is interceding for you perfectly, which means...

1. Your prayers do not have to be perfect to be \_\_\_\_\_
  2. Your prayers do not have to be eloquent to be \_\_\_\_\_
  3. Your prayers do not have to be theologically sophisticated to be \_\_\_\_\_
- C. The Spirit's groanings are too \_\_\_\_\_ for words  
(1 Sam. 1:13; 1 Cor. 2:10-11; Lam. 3:55-56; Eph. 6:18; Jude 1:20)

### III. The Spirit Aligns His Prayers With God's Will (v. 27)

#### TAKE HOME:

- When your \_\_\_\_\_ life feels weak or distracted, do you become discouraged—or do you lean on the Spirit's help?
- What burden in your life right now feels too \_\_\_\_\_ for words, and have you brought that burden honestly before the Lord?
- If the Spirit Himself is interceding for \_\_\_\_\_, how might that truth give you renewed confidence to pray this week—even in weakness?

## **Application Questions**

James 1:22 says, *“But be doers of the word, and not hearers only, deceiving yourselves.”* These questions are designed to help you apply today’s message in your life. We encourage you to thoughtfully answer these questions and discuss your answers with others. For more information about joining a Small Group that uses these questions as the basis for discussion, prayer, and accountability, please call the church office at (661) 259-2913.

1. When you feel physically exhausted, how will you lean on the Spirit’s help instead of withdrawing from prayer? (Rom. 8:26; Mk. 14:38)
2. In seasons of emotional heaviness (grief, fear, anxiety), what would it look like to bring your honest turmoil to God rather than hiding it? (Ps. 42:5; 2 Cor. 1:8)
3. When you don’t know what to pray “as you ought,” will you still come to God with simple dependence instead of waiting for perfect words? (Rom. 8:26; 2 Chr. 20:12)
4. How does remembering the Spirit “takes hold with you” against your burden change the way you carry today’s hardest responsibility? (Rom. 8:26; Lk. 10:40)
5. Where might you be asking God mainly for relief, when He may be working for humility and deeper dependence in you? (2 Cor. 12:8–9; Jms. 4:3)
6. When your prayers feel like nothing more than a sigh, will you trust that God still knows your longing and receives it? (Rom. 8:26–27; Ps. 38:9)
7. How does the truth that you are never spiritually alone reshape your confidence to pray this week (even briefly, even imperfectly)? (Jn. 14:16–17; 1 Cor. 6:19)
8. Since God’s power is made perfect in weakness, what “weak place” in your life will you intentionally bring to Him in faith today? (2 Cor. 12:9; Isa. 40:29)

*“It is not the length of our prayers, nor the eloquence of them, that makes them acceptable to God, but the sincerity of the heart that offers them.”*

- Charles Spurgeon