



Journey Church
Intercessor | Romans 8:26–28
May 31, 2026

When You Don't Know How to Pray

Psalms 38:8-9

God's Story

Acts 15:28; Romans 8:26-28

1. We groan because we long for what only God can make whole
Psalms 38:8-9; 2 Corinthians 5:2-5
2. We need an Advocate who stands with us and pleads for us
Job 16:19-22; Exodus 32:31–33; 17:11–13
3. Jesus intercedes above us; the Holy Spirit intercedes within us
1 John 2:1; Romans 8:34; Hebrews 7:24-25; John 14:16-17; Romans 8:26-28
 - The Holy Spirit bridges the gap between our weakness and God's will
4. Because God intercedes for us, we become people who stand in the gap for others
Ezekiel 22:30; Ephesians 6:18

You Are Not Alone

- Your weakness is not where God abandons you it is where the Spirit meets you

Small Group Questions:

1. Romans 8 says we groan because we long for what only God can make whole.

What are some things people commonly groan over or struggle to put into words? How does it change your view of prayer to know God hears even our sighs?

2. The sermon described Jesus interceding above us and the Holy Spirit interceding within us. How does knowing you do not pray alone challenge or encourage your understanding of prayer?

3. Moses needed Aaron and Hur to hold up his arms, and we are called to stand in the gap for others. Who has been an “Aaron or Hur” in your life, and who might God be inviting you to support or pray for right now?

Be Intentional:

This week, identify one person with “weary arms” and intentionally stand in the gap for them. Pray for them by name, encourage them, and if appropriate, pray with them.

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God’s Word as you pray for each other.