

TEXT: ROMANS 8:26

“... we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.” (NLT)

DISCUSSION QUESTIONS

- The video suggests reframing prayer as something God does in and through us, instead of something we do for God. How does this shift in perspective change the way you feel about prayer? How can reframing prayer this way reduce feelings of pressure or anxiety in your prayer life?
- What do you find comforting – or challenging – about the idea that your prayers are part of how God works to accomplish His will? What effect might this have on your motivation to pray?
- This study focused on the work of all three Persons of the Godhead in prayer. How does understanding that the Spirit and the Son are praying with you and for you impact your confidence in prayer?
- Martin Luther’s method of prayer uses the petitions of the Lord’s Prayer as a sort of “drop-down menu” format to structure prayer. Go to the Lord’s Prayer (Matthew 6:19-23). Which petition of the Lord’s Prayer feels especially meaningful or relevant to you right now? How can you use this method in your prayer time this week?

