LifeGroup Study Sheet

July 2nd and 5th, 2026: Romans 8:26-27

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

What if you could only communicate for one week using groans, sighs, and hand gestures, no words allowed, what's one task you think you would have no chance of completing? What about a task at work or at home?

Digging In

Question 1: Read Romans 8:26b. What the Spirit Prays. (Groanings too deep for words).
Paul says the Spirit intercedes for us "through wordless groans" (v. 26). Think of a season of suffering when you literally didn't have words to pray, you just hurt. What's comforting about knowing the Spirit doesn't wait for you to find the right words before He starts praying on your behalf?

Have you ever sat with someone in the hospital, or at a funeral, and just didn't know what to say, but knew you needed to be there? How is the Spirit's groaning like showing up in a situation like that? Does it feel strange to think God welcomes wordless prayer as real prayer? Why might we assume prayer has to sound a certain way?

Question 2: Read Romans 8:26a. Why the Spirit Prays. (Because we are weak).
Verse 26 starts with "the Spirit helps us in our weakness." Our weakness isn't just that suffering is hard, it's that we often don't even know what to ask God for in the middle of it. Can you share a time you didn't know how to pray for your situation? How does it change your view of your own weakness to know God built an Advocate into the equation rather than expecting you to pray perfectly on your own?

Why do you think Paul specifically says 'we', not 'some people', don't know what to pray for? Who is he including in that?

Question 3: Read Romans 8:27. How the Spirit Prays. (Interceding for us, according to God's will)
Verse 27 says the Spirit "intercedes for God's people in accordance with the will of God", meaning our prayers get filtered and perfected by the Spirit, who knows both our hearts and God's will completely. How does this truth change the way you pray when you're unsure what God's will actually is, in a hard situation? Practically, how might this shape the way you pray for someone else in your life who's suffering right now?

When you pray for someone else who's suffering, do you feel pressure to know exactly what to ask for? How might this verse take some of that pressure off?

Has there been a time you prayed for one outcome, and God answered differently? How could you later see it was actually the better answer? How does that connect to 'in accordance with the will of God'?

Application

1. Be Encouraged that God sees you in your weakness, sickness, loss or hardship.

Read Psalm 22:1 to help remind you how Jesus himself groaned, and how He knows exactly what we are going through.

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?
Confession – What sin can I confess because of what this teaches me?
Thanksgiving – How can I thank God for what Jesus has done?
Supplication – What do I need to ask of God in order to grow in light of this?