The Familiar Stranger: Pray in the Spirit March 8, 2026

[26] And the Holy Spirit helps us in our weakness. For example, 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. [27] And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. [28] And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

— Romans 8:26-28

Discussion/Journal Questions

When you hear the phrase "pray in the Spirit," what comes to mind?

Have two or three people read Romans 8:26-28 out loud slowly. After some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

Can you think of a situation in which you didn't know how to pray? If you don't remember one, can you think of a hypothetical situation?

Reflect on the words in Romans 8:26, "the Holy Spirit helps us in our weakness." How do you respond to these words? Is it encouraging? Is it insulting? Why?

Read Psalm 51:16-17. Why do you think God has a preference for the humble?

What do you picture when you think about the Holy Spirit praying for you with groaning?

Share what you are learning through your time of prayer and fasting this week. If you have not started yet, share what you hope to learn,

What big issues do you need others to pray with you about?