

DISCUSSION GUIDE

TITLE: *The Spirit Helps Us*

MAIN TEXT: Romans 8:22-28

SPEAKER: Pastor Chad Gilligan

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Romans 8:26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans.

1. THE HOLY SPIRIT COMES ALONGSIDE US.

SCRIPTURE READING:

1 Peter 5:7 "Cast all your anxiety on Him because He cares for you."

- The word "Paraclete" describes the Spirit as one who comes alongside, comforts, and strengthens us.
- The Spirit helps carry our burdens, much like two people sharing the load of a heavy log.

DISCUSSION QUESTIONS:

- When have you experienced the Spirit giving you comfort or strength during a hard time?
- Why do you think it's difficult for many people to truly "cast" their cares on God?

FOLLOW-UP PROMPT:

Encourage the group to share one current burden they can ask the Spirit to help them carry this week.

KEY TAKEAWAY:

You do not carry your burdens alone—the Spirit comes alongside you in every circumstance.

2. THE HOLY SPIRIT INTERCEDES FOR US.

SCRIPTURE READING:

Romans 8:26-27 *"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God."*

1 Corinthians 14:2 *"For anyone who speaks in a tongue does not speak to people but to God. Indeed, no one understands them; they utter mysteries by the Spirit."*

Romans 8:28 *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."*

- When we don't know what or how to pray, the Spirit prays for us.
- The Spirit intercedes in perfect alignment with God's will.

DISCUSSION QUESTIONS:

- Have you ever been at a loss for words in prayer? How does it encourage you to know the Spirit prays on your behalf?
- What does it mean to trust that God works all things together for good, even when we don't understand?

FOLLOW-UP PROMPT:

Ask the group to spend time in prayer together, allowing space for the Spirit to intercede.

KEY TAKEAWAY:

The Spirit speaks to God on our behalf, aligning our lives and prayers with His perfect will.

3. THE HOLY SPIRIT FILLS US.

SCRIPTURE READING:

Romans 8:11 *"And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you."*

- The same Spirit who raised Jesus from the dead lives in us.
- The Spirit gives us power, life, and renewal each day.

DISCUSSION QUESTIONS:

- What does it mean to live each day filled with the Spirit's power?
- In what ways have you experienced the Spirit giving life to your faith, hope, or perspective?

FOLLOW-UP PROMPT: Invite the group to pray for a fresh filling of the Spirit in their lives this week.

KEY TAKEAWAY: The Spirit fills us with resurrection power, giving us strength, renewal, and life.

REFLECTION & PRAYER

REFLECTION: Thank God for sending His Spirit to help us in our weakness.

SUGGESTED PRAYER:

Pray for each other to experience the Spirit's comfort, intercession, and power in practical ways this week.