

## Prayer: From no Words to God's Words

When you hear a sermon on prayer what immediate emotion strikes you?

Read the following passage:

**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. 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. (Romans 8:26-27.)**

Has there ever been a time in your life where you felt so troubled that you did not even know how to pray for it?

According to these verses who is doing the groaning? Who prompts them?

What role do these groans play in prayer?

Have you had a time where you felt like the Holy Spirit was interceding on your behalf when you were troubled?



What is the point of prayer if God already knows everything about us and knows what we need prayer for?

**Even when you do not have words to pray start talking to God about who he is.**

What might happen within you when you pray about who God is?

Read Acts 4:23-30 as an example of learning to pray in ways that remember who God is.

**Pray together as a group and focus your prayers on the character of God**

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