

WEEK 3 | PRAYER

SUNDAY, 9/20 | Romans 8:26-27; 10:12-13

“I don't have to figure this out alone.”

THIS WEEK

Prayer is not a performance built on having the right words; it is a relationship that welcomes us even when we do not know what to say. Romans 8 reminds us that the Spirit meets us in weakness, while Romans 10 reminds us that everyone can call on God. This week invites us to trade self-reliance for honest dependence throughout the day.

OPENING QUESTIONS

- What's something everyone else seems to understand that you still have absolutely no clue how to do?
- What's the worst piece of advice somebody could give you when you're stressed?
- You get one completely unnecessary personal assistant for the rest of your life. What ridiculously specific job are you giving them?

GROUP QUESTIONS

1. What's something you're trying to figure out right now that you wish came with clearer instructions?
2. When life gets complicated, what's your natural response: pray, plan, fix, avoid, ask someone else-or something else?
3. Read Romans 8:26-27. What stands out to you about the fact that Paul assumes there will be moments when we don't even know what to pray?
4. Have you ever thought of not knowing what to say to God as a weakness or failure? How does this passage challenge that?
5. What's the difference between asking God to help with your plan and genuinely asking God to lead you?
6. This week's rhythm is Midday Alignment-stopping during the day to hand the weight back to God. What are you carrying right now that you need to stop trying to carry alone?