



In the Spirit: How God Helps Us Grow | | Help in Our Weakness

Romans 8:26-30

Paul continues to teach us that we need to change through the work of the Holy Spirit in our life. Change can be joyful, difficult and even painful.

- *What is something that the Holy Spirit is working on you to change in your life?*

Read Romans 8:26-30 together out loud and choose at least two different translations

- *How does the Spirit help us in our weakness?*
- *Verse 28 says that all things work to the good for those who love Christ. How do you understand this verse when bad things are happening in your life?*

This passage teaches us that we are to boast in our weakness because when we are weak, the Holy Spirit can work through us. God can continue to change us when we are weak. This goes against everything the world teaches.

- *What does it look like for you to live in weakness on a daily basis?*
- *Do you find it difficult to be weak and allow the Spirit to work in your life when most people and things around you are telling you to be strong? Why or why not?*

Loneliness is a real problem today. A truth for believers to hold on to is that you are never alone. God is always there with you, guiding you and comforting you. We are able to have real intimacy with the Holy Spirit.

- *How do we grow intimately with the Holy Spirit? What is something that you need to be doing in your life to deepen that relationship?*
- *Acknowledge you are weak, surrender to the Spirit and you will find FREEDOM. Why is that so hard for us to do?*