

## THE SPIRIT HELPS US

Romans 8:1–39  
Key Verse: 8:26

1. What does Paul first say about how the Spirit helps us (1–4), and what does this mean?
2. What else does Paul say about how the Spirit helps us (5–8), and how can this help us in how we pray?
3. What does Paul say next about the Spirit's help (9–11), and how does the Spirit's indwelling affect our prayer life?
4. What does the Spirit specifically help us to do (12–13), and why do we need to engage his help in this battle?
5. What more does Paul say about the Spirit's help (14–17), and why is this essential in our prayer life?
6. How else is the Spirit's help described (23)? How does this hope help us when we pray? What is Paul's final description of the Spirit's help (26–27), and how does this encourage us in both our personal and collective prayer lives?