

Growth Group Homework
For the week of March 1st 2026

Getting Started: Get to know each other

What's one thing God has been doing in your life lately (life updates) or something that you're asking Him to do (life needs) that you'd be willing to share with the group?

The Message: Romans 8:26-30

Big Idea. _____

1. Was there anything from the message that challenged, confused, or spoke to you? If so, can you share with the rest of the group

2. Pastor Paul began the sermon by sharing the advice Pastor Dave once gave him: "Take off your tie when you pray." In other words, don't pray to impress. Read Matthew 6:5-8. Why does God value honest and genuine prayer over showy and verbose prayer?

3. Verse 26 tells us that the Spirit helps us in WEAKNESS and speaks in GROANS. This shows how prayer can be an outlet in times of suffering and strength in times of weakness – like pastor Paul's prayer after the discovery of

lifelessness in his child. Where have you experienced prayer as a source of strength in difficult seasons, and where have you been tempted to neglect prayer when you need it most?

4. Romans 8:26–27 shows that when we don’t know how to pray, the Holy Spirit intercedes for us and brings our prayers before the Father according to the will of God. What does this passage teach us about the way the Father, Son, and Holy Spirit work together in the life of a believer? How should this shape the confidence we have when we pray in weakness?

5. Romans 8:28–29 teaches that God works all things together for the “good” of His people, which Paul defines as being “conformed to the image of His Son.” Pastor Paul emphasized that our greatest good is not comfort or immediate deliverance, but Christlikeness. Why does Scripture present conformity to Christ as a greater good than relief from suffering? How might this truth reshape the way we expect God to answer our prayers?

6. Romans 8:29–30 describes the unbreakable chain of God’s saving work (foreknew → predestined → called → justified → glorified), revealing that God Himself ensures the salvation of His people from beginning to end. How does this truth give assurance in seasons when suffering threatens to shake your faith? How might it change the way you pray when you feel spiritually weak or discouraged?

APPLICATION QUESTION:

Take a moment to reflect and pray. Pastor Paul encouraged us to end our prayers with open hands as a reminder that we trust the Spirit's translation more than our own petition. What is one situation in your life where you have been praying with "clenched fists"—demanding a specific outcome? How can you practice open-handed trust in that situation this week? Write a short prayer releasing that situation to God.
