

Rooted • Week 2: Learning to Breathe Again

Discussion & Reflection Guide

Luke 11:1-13; Romans 8:26-27

Read each passage before working through its questions. Begin with what you notice in the text, then consider its meaning and application. For family use, choose one or two questions from each section and invite everyone to contribute.

Look Closely: Luke 11:1-4

1. **What prompts the disciple's request in verse 1?** Notice what Jesus gives the disciples in response. What does this suggest about how people learn to pray?
2. **Read the opening words of the prayer in verse 2.** What do "Father," "hallowed be your name," and "your kingdom come" reveal about the relationship and priorities Jesus invites us into? How might beginning here shape the requests that follow?
3. **Notice the pronouns in verses 3-4.** Whose needs does this prayer include? What changes when we pray for "our" bread and "our" forgiveness, even when we are praying alone?
4. **What connection does verse 4 make between receiving forgiveness and extending it?** How do the requests for forgiveness and protection from temptation acknowledge our need for help?

Look Closely: Luke 11:5-13

5. **Why does the man go to his friend at midnight, and whose need is he trying to meet?** What makes his request bold? Notice both his dependence on his friend and his concern for his guest.
6. **What do the words "ask," "seek," and "knock" invite the disciples to do?** What attitudes toward God do these actions express?
7. **How does Jesus use the words "how much more" in verse 13?** What should we learn about the Father from the comparison with imperfect human parents? What gift does Jesus specifically promise?
8. **Read verses 2, 8, and 13 alongside the promises in verses 9-10.** How do God's kingdom, the request for needed bread, and the gift of the Spirit help us understand what Jesus is promising about prayer?

Look Closely: Romans 8:22-27

9. **Who is groaning in verses 22, 23, and 26?** What are believers waiting for in verses 23-25? How does this larger setting help us understand the struggle to pray?
10. **How does Paul describe "our weakness" in verse 26?** Why might someone who loves God still be unsure what to pray for? Notice that Paul includes himself.

11. **What does the Spirit do in verses 26-27, and what does God know?** How does the Spirit's intercession according to God's will offer reassurance when our own understanding is limited?

Bringing the Texts Together

12. **Compare Luke 11:13 with Romans 8:26-27.** How does Paul's description of the Spirit's help deepen your understanding of the gift Jesus promises? What do these passages together reveal about God's response to people who need help praying?
13. **Jesus gives his disciples words to pray; Paul describes the Spirit helping when we do not know what to pray.** What assumptions about "genuine prayer" might these passages challenge? How could familiar words become a sincere expression of trust?

Living It Out

14. **Whose practical needs could you include when you pray for "our daily bread" this week?** Consider what you already have that you could share. What action might accompany your prayer?
15. **How can we support someone who has prayed for something good for a long time and is still waiting?** What might patient companionship and prayer look like when we cannot explain their circumstances? Consider what you would find helpful in that situation, too.
16. **What regular moment could become a time to pray Jesus' prayer this week?** Choose a line you want to linger over. What would help you return to this practice on a tired, distracted, or disappointing day?

Put It into Practice

Pray Luke 11:2-4 slowly, pausing between its petitions. Bring one specific concern to God and include someone else's need.

If you are with a group or family, leave room for quiet as well as spoken prayer. Everyone can participate without having to find additional words.

Carry this reminder into the week: **You can come to God while you're still learning how to come to God.**