

Rooted • Week 2: Learning to Breathe Again

Who do you think is listening?

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

Big Idea: Resilient faith grows more rooted as we keep bringing our real lives to the Father, trusting the Spirit to help us pray.

1. You can come to God while you're still learning how to come to God.

Luke 11:1-4

The disciples' need for help brings them to Jesus. Our inadequacy can bring us to him, too.

Before addressing our circumstances, Jesus teaches us to begin with:

- **Relationship:** "Father." We belong to someone who welcomes us.
- **Reverence:** "Hallowed be your name." We desire God's holiness and goodness to be known.
- **Purpose:** "Your kingdom come." We bring our plans under God's purposes.

2. Dependence on God gives us something to do.

Luke 11:3-13

- Bring ordinary needs to God: daily provision, forgiveness, and protection from temptation.
- Pray for **our** bread. Dependence on God and responsibility for our neighbor belong together.
- Receive mercy and extend it. Name your weaknesses and ask for help.
- **Ask, seek, and knock:** actively trust God through prayer and obedience.
- Our confidence rests in the Father's goodness. His promises belong within his kingdom purposes; prayer does not give us control of God.
- **"How much more":** the Father welcomes us and gives his Spirit.

3. Before you find the words, God is already helping you.

Romans 8:22-27

- Having the Spirit and feeling weak can happen at the same time.
- **Three groans:** creation groans (v. 22), believers groan (v. 23), and the Spirit intercedes with groanings (v. 26).
- The Spirit intercedes according to God's will when our understanding and words run out.

- Unanswered prayer does not mean we prayed incorrectly. We can bring disappointment and pain to God.
- Let the church help carry you. Offer prayer and love when others need support.

4. Regular prayer has room for a hard day.

Luke 11:2-4; Psalm 55:17

- Jesus gives his disciples words to pray. Familiar words can express sincere dependence.
- The *Didache* instructs believers to pray the Lord's Prayer three times daily (8.2-3).
- Psalm 55 joins a regular prayer rhythm with honest complaint and distress.

A Practice for This Week

Choose one moment each day. Pray Jesus' prayer slowly. Pause at one line and bring your real life into it.

Include someone else's needs. On difficult days, simply use the words Jesus gave you. If you miss a day, return at the next opportunity.

"The Spirit helps us in our weakness." — Romans 8:26