

THE GROANINGS

God hears the groaning of His people and will stretch forth His hand to save, to heal and to deliver.

KEY POINTS

- ❖ Have you ever been to a prayer meeting where the people would groan? Yes, words were said—all kinds of sanctified words. But beyond the words, the people began to wade into waters that went beyond where words could take them.
- ❖ Romans 8:26 tells us that “we do not know what to pray for as we ought, but the Spirit Himself makes intercession for us with groanings...” Groanings that go beyond the utterance of words. Groans that go from the depths of the soul of a person right to the heart of God.
- ❖ Who experiences the groanings? Anyone alive on the planet right now is living in the time of the groanings. The whole earth is in it (see Romans 8:22-23).
- ❖ The groaning is an ongoing anguish that people can feel. We groan because of the pains and difficulties of life. We groan because of things we don’t understand, but feel the need to understand.
- ❖ Sometimes groaning is easier than taking action, so we choose to just groan. We groan to ourselves, we groan to others, everything but get up and get *grown*.
- ❖ Of course, not to diminish it, taking action can be really hard, especially because it might require changing our mindset.
- ❖ That is why we need the strength of the Spirit of God. It’s essential. In Philippians 2:13 we learn that “it is God who works in [us], both to will and to do for His good pleasure.” We need God. And God is at work in us. Right now. And as we groan.
- ❖ Our groanings are part of being human, living in a limited body in a world that’s been corrupted by evil for a very long time. So, we groan for many reasons, but we deal with it in different ways. A person might try to deny it, escape it, drown it out, act it out, soak it in, self-destroy, or even transfer the pain to others.
- ❖ There is one thing that we absolutely need to do: Take it to the Lord in prayer.
- ❖ As recorded throughout the Bible, people who believe in God—God’s people—have been chronically disobedient, faithless, self-willed and inconsistent. As a result, they’ve experienced a lot of groanings. (See Exodus 2:23, 6:5; Job 23:2, 24:12; Psalm 38:8.)
- ❖ So, yes, for many reasons, we do groan. We need to know that God hears every groan. And feels every feeling right along with us, because He is within us (Isaiah 63:9).

KEY SCRIPTURE: Romans 8:22-23

- ❖ In all of our affliction, in all of our groaning, God is there. One songwriter penned these words with inspiration from the Psalms: “I love the Lord, He heard my cry, and pitied every groan. Long as I live, and troubles rise, I’ll hasten to His throne.”
- ❖ God hears the groaning of His people.
- ❖ We could just sink into darkness and weakness and discouragement and inaction. We could just pass the pain around. But why? Why, when we can do something better. We can bring all of our groanings to God, who hears and feels and understands and has compassion for His children.
- ❖ Before a child has language, before it has any words with which to articulate what it needs, it knows this: that it needs to feed its little life, right away, and often.
- ❖ That baby opens its mouth and gives voice to a cry for life. And it knows where to address that cry—not to the doctor and not to the highly technical machines with flashing screens.
- ❖ The baby knows sure and deep within that its mother is the source of life. That baby doesn’t look or reach out to anywhere or anyone else but to its only source.
- ❖ For us, too, there is only one Source, only one place to take our cries. Now that we’re bigger, we don’t tend to cry out like a baby—at least not so much. Those cries are mostly expressed as groanings.
- ❖ And there’s only one place to take our groaning.
- ❖ Take your groaning to God. It goes right to His heart. As He has done over and over, in every era of human existence, God will hear your groaning. He will stretch forth His hand to save, to heal and to deliver.

DISCUSSION/REFLECTION TOOLS

1. What does “groanings that cannot be spoken” (Rom. 8:26) mean to you? What is their purpose? (Support with scripture.) Can you relate to this concept? Explain.
2. “Have we trials and temptations? Is there trouble anywhere? Take it to the Lord in prayer.”
 - Take time to connect to God in prayer, whether for yourself or on behalf of someone else. Then, give God thanks.

PRAYER TIME

Thank you, Lord, that You hear every groan I utter and that You still have compassion towards me. In Jesus’ name, Amen.

Start-up: When you are in need of comfort, who or what do you turn to first, and is the effect immediate?

WEEK OF SUNDAY, NOVEMBER 14, 2021

NOTES

Meditate as you read through/listen to this week’s message. If it helps, use symbols for your notes.

- ✓ (Reminds me/Confirms)
- 💡 (New idea)
- 🔄 (Think about)
- ! (Do this)
- ❤️ (Speaks to my heart)
- 👉 (Must share)

PRAYER NEEDS/THANKSGIVINGS

Go deeper with your Life Group family.
CONNECT-REFLECT-DISSECT THE
WORD