



# His STORY

## Icebreaker:

What's something you do when you're overwhelmed and don't have words for how you feel?(Examples: go quiet, cry, clean, pace, pray, sleep, distract, journal, breathe)

When you hear the words "God heard... God remembered... God saw... God knew," which one stands out to you most right now—and why?

## Discussion:

### 1. God Saw, God Remembered, God Heard and God Knew (Genesis 2:23-25)

How does knowing that God hears groaning change how you approach Him?

What does it mean to you that God didn't just see Israel—but claimed the situation as His to address?

How does it affect your faith to know that what oppresses you matters personally to God?

Are there areas where you've assumed, "This is mine to carry," instead of "This is God's to rescue"?

How is being known different from simply being helped?

How does the idea of God entering suffering reshape how you view pain?

How would you describe groaning in your own words after hearing this teaching?

Why do you think groaning, rather than strategy, often precedes deliverance?

Where do you feel the tension between God's promises and your present reality?

How does knowing God does not tempt you with evil help you respond in faith?

Why do you think Jesus groaned before healing in Mark 7?

### 2. Inward groaning with the Spirit (Romans 8:22-28)

What does inward groaning reveal about hope rather than disappointment?

How does it comfort you to know that the Holy Spirit groans with and for you?

What does it mean to you that your weakness becomes the raw material for divine intercession?

How does inward groaning express hope—even when answers haven't arrived yet?

Why is it important to admit, "We do not know how to pray as we should"?

How does acknowledging weakness open the door for God's help rather than defeat?

What stands out to you about the Spirit interceding with groanings too deep for words?

What does it mean that your groaning doesn't need translation—because the Spirit already speaks it?

How does this relieve pressure to "pray correctly"?

JANUARY

25

The Exodus  
GROANING

Exodus 1-2



RUN WITH  
THE PACK

NEXT WEEK

Spencer  
Hackert

Guest Speaker

### 3. Perfect Alignment with God's Will (Romans 8:22-28)

Why is it comforting that God searches the heart and not just listens to words?

How does knowing the Spirit prays *according to God's will* affect your trust in prayer?

How might God be using groaning to align your heart with His purposes?

In what ways does the promise of the crown of life encourage you to persevere even when the outcome is unseen?

What is the Spirit currently carrying for you that you've been trying to carry alone?

How does knowing the Spirit never misses God's redemptive plan give you assurance today?

## Deeper Dive:

1. Write down something the Spirit may be inviting you to fully release and not manage, not explain, but surrender?
2. Identify where you struggle most with the "already and not yet" of God's promises?
3. What is one practical way you can pause and release control when pressure rises?