



deconstructing
TOGETHER

Weekend Resources

June 14, 2026

Where is God in All This Pain?

RECAP: Everyone has questions. Some are big. Some are painful. And many feel safer to carry alone. But what if we could face our doubts—together—without walking away from Jesus? Bring your real questions. Stay connected. Don't walk away alone. Let Jesus meet you in the middle of your wrestling.

MAIN POINTS

- Love requires freedom. God is all-powerful, but He cannot do what is logically impossible or contradict His own good nature. He chose to create a world where real love and relationship are possible. For love to be real, freedom and the dignity of choice must exist. And where there is real freedom to choose, there is inevitably the possibility of rejection, rebellion, and pain.
- Creation is groaning. When humanity misused its freedom, sin entered the world, and pain came with it. Sin is systemic, affecting everything. As the Apostle Paul writes, all of creation, our physical bodies, and our internal hearts are currently "groaning" under this brokenness, waiting for the day when God makes everything new.
- God is our companion in pain. When we are hurting, theological explanations do not heal wounds. The deeper question isn't "why does pain exist," but "where is God when I am in it?" The answer is that He is Emmanuel, God with us. We do not worship a distant, detached God immune to pain, but a Savior who entered into it, carried it on the cross, and overcame it so that pain and death do not get the final word.

GETTING STARTED

- When you or someone you love goes through a difficult season, do you tend to seek logical explanations for why it happened, or do you look more for comfort and presence? Why do you think explanations often fail to actually alleviate our grief?

SCRIPTURE

- [Genesis 1:1; 1:31; John 16:33; Romans 5:12; 7:15-19; 8:20-22; Revelation 21:4-5](#)

DISCUSSION QUESTIONS

- The message points out that God could have created a world without pain, but it would mean a world without free will. Why is the dignity of choice necessary for genuine love to exist, and how does this change the way you view the presence of suffering in the world?
- Read Romans 8:20-22. The Apostle Paul describes creation, our bodies, and our hearts as "groaning" under the weight of brokenness. How does recognizing that sin is systemic (affecting the whole world, not just personal choices) help explain why natural disasters, sickness, and deep internal struggles happen?
- John Stott noted, "In the real world of pain, how could one worship a God who was immune to it?". How does looking to Jesus—who wept, suffered, and was crucified—provide a different kind of hope than a God who simply promises to remove all trouble?

APPLICATION

- When someone in your life is grieving or hurting, resist the urge to offer religious clichés or try to explain their pain away. This week, practice simply being a compassionate "companion in suffering," offering your presence and love just as Jesus does for us.
- Identify an area of your life where you are currently experiencing deep disappointment or "groaning." Instead of demanding an immediate explanation from God, practice shifting your prayer to ask for His presence, remembering that He is Emmanuel (God with us).

RESOURCES

- "In the real world of pain, how could one worship a God who was immune to it?" — John Stott