



THE 7 BIG QUESTIONS

Discussion Guide

3

Session Three:

Why Does God Allow Pain and Suffering?

1. Welcome & Opener (5–10 min)

Icebreaker Question:

- What's something hard you've gone through that made you stronger in the long run (e.g., a tough class, job, relationship, situation)?

Transition:

- Today we're talking about one of life's most difficult questions—why God allows pain and suffering. We're not going to solve it all, but we want to explore what the Bible says about it and how we can find hope in the middle of hard seasons.

2. Watch or Recap the Sermon (Optional, 5–10 min)

(If you're not watching the sermon clip or summary, you can read a short portion aloud, like Job 1:21 or Romans 5:1–5.)

Suggested Summary (Leader Reads):

This week's message reminded us that God's good creation was broken by sin, and that while suffering exists, God is not distant or indifferent. He has a plan to redeem pain and even use it to form our character. He is still good, even when life is not.

3. Group Discussion (35–45 min)

HEAD: Understanding the Message

1. What stood out to you most from the sermon or the story of Job?
2. What does it mean that pain has a purpose? How does that change how we experience it?

Read: Romans 5:1-5

3. According to this passage, what can suffering produce in us? Do you believe that's true? Why or why not?

Read: John 16:33

4. Jesus promises both trouble and peace. What does that reveal about His character?

HEART: Reflecting Personally

- Have you ever cried out to God like Job did—honestly and painfully? How did you experience God in that moment?
- Are you currently walking through something hard? How can this group support you?
- Where have you seen God bring good out of something painful—either in your life or someone else's?

HANDS: Living It Out

- How can we walk with people who are suffering without offering shallow comfort or clichés?
- Is there someone in your life who needs hope in their suffering right now? What's one way you can be present for them this week?

4. Wrap-Up (5-10 min)

Leader Reads:

"God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain. It is His megaphone to rouse a deaf world." – C.S. Lewis

Final Question:

- If pain is God's megaphone, what might He be trying to say to you right now?

Prayer Time:

Invite group members to pray for each other. You can break into pairs or pray together as a group. Focus on those going through trials and ask for trust in God's goodness.

Optional Additions

- Verse to Memorize: Romans 8:28
- Next Step Challenge: Write a letter to someone who is suffering, offering encouragement from Scripture or your own story.