
HOPE IN SUFFERING

TODAY'S TEXT  [Romans 8:18-30](#)

THREE Lies Christians believe about suffering:

1. A _____ life is a _____ free life.
2. If you are _____, you are _____.
3. There is always something _____ hiding behind the _____.

*What should I do when I suffer?

*What hope can I count on from God in my struggles?

*What does Romans 8:28 teach me about a theology of suffering?

*What does God want me to know?

1. God gives a _____.
2. God has a _____.
3. Holy Spirit is _____ for you.
4. God has _____ you.

Main Street Church - Life Group Guide

Series: ROMANS: Best News Ever

Message: Part 14 – HOPE IN SUFFERING – Romans 8:18-30

Speaker: Shawn Vandop

Date: January 22, 2022



Connect (30min)

1. CHECK IN: (Break into groups of 2-3 or Men/Women)

*📖 Read [Mark 12:28-31](#). **Mind – Body – Spirit**

On a scale of 1-10 (Terrible-Excellent) how are you in these areas this week?

a. **Mental Health** b. **Physical Health** c. **Spiritual Health**

2. PRAY FIRST

🔑 **How has your [PRAY FIRST](#) experience been this past week?** Share your feedback or highlights.

📖 Read [Psalm 42](#). Have one person read for this scripture for the group. Use this Psalm as a guide for prayer.

🙏 **Pray** – Let's take 10min to P.R.A.Y. together. Leader – time & transition to each component.

-- Pause (be still & listen. 2min)

-- Rejoice (praise & thanks. 2min.),

-- Ask (invite & request 4min.)

-- Yield (surrender & trust. 2min)

> Moments of silence are ok.

Message Discussion (45min)

1. THE SUBJECT OF SUFFERING

a. In your experience (without all the details), which kind of suffering has been the worst and why?

*Physical *Mental/Emotional *Relational *Financial *Spiritual *Being a Canucks fan *Other...

b. How do you tend to respond to pain and suffering; our own, and to others'?

> Have you ever "meant well," but what you said or did wasn't helpful?

c. How have the following components of your faith helped you engage the reality of suffering?

*The Bible *The suffering of Jesus *Worship *Prayer *Serving others *Christian community *Other...

d. If someone asked you – "If God is good, then why is there so much suffering in the world?"

– how would you respond?

2. MESSAGE RECAP: What jumped out at you from Sunday's message? What encouraged or challenged you?

3. WORD 📖 Read [Romans 8:18-30](#)

a. What do you learn from this passage of Scripture about *Suffering*?

b. What do you learn about God? What do you learn about people?

4. THREE LIES ABOUT SUFFERING


a. What were the three lies Christians believe about suffering that Pastor Shawn talked about?

b. Which one stands out to you the most, and why? c. Have you believed any of these lies?

i. *A godly life is a pain free life* ii. *If you are suffering, you are sinning*

iii. *There is always something good hiding behind the bad*

5. ALL CREATION

- a. What do  verses **18-23** tell us about suffering?
- b. What does it mean that *all creation* is suffering? What are some evidences of this reality?
- c. Paul describes what you could call “*a light at the end of the tunnel*” when it comes to suffering. What specific details about this ‘light at the end of the tunnel’ does Paul give us (see **v.23**).

6. SUFFERING & PRAYER

Reread Romans 8:26-27



- a. Have you ever had a moment when you didn’t even know what to pray? How did you deal with that?
- b. How does the Holy Spirit help us in such situation?
- c. How should this insight about the Holy Spirit help us in our prayer life?

7. FOR GOOD

Reread Romans 8:28-30

- a. To whom does the truth of this passage apply? Who benefits from this verse?
- b. How could it be painful to quote **Romans 8:28** to someone amid suffering?
- c. *Paul is helping us understand that for those who love God, in every circumstance we are regaining what we lost.* How does this impact the way you look at suffering?
- d. *Sometimes we can see in the short-term how God has worked for our good in suffering. In other experiences, we are unable to see how God has worked, even after many years.*
 - i. What is an example of a time when you have seen God’s hand at work for your good?
 - ii. Is there anything you’ve been wrestling with where you still haven’t been able to see God’s hand?
- e. *Paul seems to make it clear that much of the good God will bring about through our suffering will not be experienced till we are with Jesus in eternity.*
 - i. Is that difficult for you to accept? Why/why not?
 - ii. Why do you think God planned it that way in many cases of suffering?

Prayer (15min)

-  **Pray** – “*Holy Spirit, please speak to us through Your Word and empower us to pray for one another.*”
-  **Read** [John 16:33](#), [2 Corinthians 1:3-11](#) & [Revelation 21:1-6](#)
- In response to God’s Word our discussion together, what is one way that we can pray for you?
> Perhaps for Healing in a specific area? *Physical, Mental, Spiritual, Relational...*
- Break into groups of 3-4 people (or men & women) to pray for one another.

Resource

- Check out these videos from the [Alpha Film Series](#) & Pray for our 100 [Alpha Course](#) participants.
[Why Did Jesus Die?](#) [How Can I Resist Evil?](#) [Does God Heal Today?](#)

Romans Road

- Continue to read & pray through Romans this week.

Project 3:15

- Our annual Apologetics Conference is coming up on **Sat. February 18th**, with guest speaker [Dr. Sean McDowell](#). Registration is filling up fast so visit www.mainstreetchurch.ca/project315 for more info & registration this week!