

# Small Group Discussion Guide

## Purpose in Pain – Romans 8:18–25

### Opening (5 minutes)

#### *Icebreaker Question*

- When was a time something difficult ended up producing something good in your life?
- What helped you keep going during that difficult season?

Transition: Today we're talking about how God gives us perspective in suffering. Romans 8 reminds us that pain is real, but it is not meaningless.

### Read the Scripture (3 minutes)

Have someone read Romans 8:18–25 aloud.

*"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us." (Romans 8:18)*

### Discussion (20 minutes)

#### **1. Gaining Perspective in Pain**

- Why do you think suffering often feels overwhelming in the moment?
- What do you think Paul means when he says our suffering "is not worth comparing" to the coming glory?
- How does knowing Paul's own suffering affect how you read this passage?

Leader Insight: Paul endured beatings, shipwrecks, imprisonment, hunger, and persecution. His words aren't shallow optimism—they come from someone who truly suffered.

#### **2. Becoming Teachable in Pain**

- Why do you think people often turn toward God during painful seasons?
- Have you ever learned something spiritually during a difficult season that you might not have learned otherwise?
- What might God be trying to teach someone through their current struggles?

*C.S. Lewis wrote: "God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain."*

#### **3. Pain Reveals Where We Need Healing**

- Why do people often try to numb or ignore pain rather than deal with it?
- What are some unhealthy ways people try to escape emotional or spiritual pain?
- What might it look like to bring pain honestly to God instead?

#### **4. Pain and Future Joy**

- Why do you think people who have endured deep suffering sometimes develop deep joy?
- How does the promise of future redemption change how we face present struggles?
- What gives you hope when you think about eternity?

Key Truth: Our suffering is temporary. God promises redemption, restoration, and a new creation.

#### **Application (5 minutes)**

- What pain or challenge are you currently facing?
- How might God want to use that experience in your life?
- What would it look like to trust God with that situation this week?

#### **Prayer (2–3 minutes)**

- Pray for those experiencing pain or hardship.
- Ask God for an eternal perspective.
- Pray for healing and hope through Christ.

**Reminder:** God does not waste our pain. In Christ, suffering never has the final word.