1. Who has helped carry you through a storm? Think about a difficult season in your life. Who came alongside you, and what did they do that made a difference?

2. Read 2 Corinthians 1:3–4. Paul calls God the "Father of mercies and God of all comfort." The Greek word for comfort carries the ideas of encouragement, consolation, and strengthening support. How does that change your understanding of what it means for God to comfort you? Have you experienced His comfort even when your circumstances didn't change?

3. Why do we sometimes struggle to receive comfort? Whether from God or other people, what makes it difficult to admit we're hurting or need help? How can pride, fear, or the desire to appear strong keep us from experiencing the comfort God provides?

4. Read 2 Corinthians 1:4–7. How has a difficult experience in your life changed the way you respond to someone else's suffering? What have you learned through your own storms that could help you care for someone else without minimizing their pain?

5. What's the difference between trying to fix someone's suffering and simply being present with them? Think about Job's friends (Job 2:11–13) or Jesus weeping with Mary and Martha (John 11:32–36). What are some things Christians say with good intentions that can actually make suffering more difficult? What could we say or do instead?call, meal, handwritten note, visit, or offer of practical help.

6. Who needs you to step into their storm this week? Think of someone who is grieving, overwhelmed, discouraged, or facing a difficult situation. What's one specific, practical way you could offer them comfort this week? How can you make sure your support continues beyond the initial crisis?

Closing Group Challenge: One Person. One Act of Comfort.
Before ending your group, invite everyone to silently identify one person who is going through a storm. Then challenge each person to take one intentional action within the next 48 hours—a phone call, meal, handwritten note, visit, or offer of practical help.