

From Groans **TO GLORY**

CENTRAL TRUTH | We have a future glory that gives us hope during present suffering.

During the cold winter months, do you ever stop and say, “I really hope spring comes around this year”? No, you don’t—because you’re certain that the seasons will change! When it comes to certainty, Paul reminds believers that we can be certain and assured of God’s love for us. The suffering and difficulties of this life will not have the final word—God’s people have the hope of resurrection life and the renewal of all things. We, along with the rest of creation, eagerly wait for this! In this week’s passage, we will learn that we have a future glory that gives us hope during present suffering.



REFLECT

What questions do I have about God?

What questions do I have about myself?

What questions do I have about the world and those around me?

ROMANS 8:18-25

¹⁸ For I consider that the sufferings of this present time are not worth comparing with the glory that is going to be revealed to us. ¹⁹ For the creation eagerly waits with anticipation for God's sons to be revealed. ²⁰ For the creation was subjected to futility — not willingly, but because of him who subjected it — in the hope ²¹ that the creation itself will also be set free from the bondage to decay into the glorious freedom of God's children. ²² For we know that the whole creation has

been groaning together with labor pains until now. ²³ Not only that, but we ourselves who have the Spirit as the firstfruits — we also groan within ourselves, eagerly waiting for adoption, the redemption of our bodies. ²⁴ Now in this hope we were saved, but hope that is seen is not hope, because who hopes for what he sees? ²⁵ Now if we hope for what we do not see, we eagerly wait for it with patience.

ROMANS 8:26-30

²⁶ In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit himself intercedes for us with inexpressible groanings. ²⁷ And he who searches our hearts knows the mind of the Spirit, because he intercedes for the saints according to the will of God. ²⁸ We know that all things work together for the good of those who love God,

who are called according to his purpose. ²⁹ For those he foreknew he also predestined to be conformed to the image of his Son, so that he would be the firstborn among many brothers and sisters. ³⁰ And those he predestined, he also called; and those he called, he also justified; and those he justified, he also glorified.

ROMANS 8:36-39

³⁶ As it is written: Because of you we are being put to death all day long; we are counted as sheep to be slaughtered. ³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am persuaded that neither death nor life, nor angels nor rulers,

nor things present nor things to come, nor powers, ³⁹ nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord.

Day 01

ISAIAH 65:17-19



Refer to page 5 for a description of the 7 Arrows of Bible Reading.

📍 READ & RESPOND

Have you ever wished you could get a do-over? A chance to start fresh, with all the bad things from the past erased? In today's passage, the prophet Isaiah described something even better: a completely new creation. God said He is creating "new heavens and a new earth," where the past will not be remembered. Jerusalem, His city, will be a place of joy and gladness. No more weeping or crying. This passage clearly shows the hope we have in Jesus. Our story doesn't end with the difficult things we face in this world. God is in the business of making all things new, and that is a reason to be filled with joy and hope.

↑ What does God's power to create something brand new and His promise to end all sadness show us about who He is?

→ How can the hope of a new earth change the way you deal with hard things in your life today?

↔ Knowing that God is making all things new, how should this encourage you to bring hope to others?

📍 MEMORIZE

Write **Romans 8:28** in a creative font and illustrate it with markers, paint, or other art supplies. Seeing the verse in a colorful and artistic way helps it stick in our minds. Hang it where you can see it every day.

📍 PRAY

Lord, thank You for the hope of Your new heavens and earth. When I'm discouraged by the brokenness of this world, help me to remember that You make all things new.


Day 02


PHILIPPIANS 3:18-21

READ & RESPOND

In Paul's letter to the Philippians, he talks about some people who were enemies of the cross of Christ because they were too focused on earthly things. They lived for their own desires and pleasures. But Paul gives us a different way to live. As Christians, our true citizenship isn't here on earth—it's in heaven! Our identity isn't based on what we have, what we wear, or what we do. It's based on who we are in Christ. This should change the way we live. We should be looking forward to the day when Jesus returns. We are called to live for a purpose far greater than ourselves: a purpose found in Jesus.

 What are the two different groups of people Paul described? What is the key difference between them?

 What does this passage tell us about our tendency to worship worldly things and desires?

 How can the truth of your heavenly citizenship change the way you think about and deal with the temptations of this world?

MEMORIZE

Write each word of **Romans 8:28** on separate pieces of paper. Mix up the words and put them back in the correct order. This activity helps you think about the correct structure of the verse.

PRAY

Jesus, thank You for my heavenly citizenship and for the promise that You will return. Help me live in a way that shows my identity is in You and not in the things of this world.

Day 03

ROMANS 8:18-25

📍 READ & RESPOND

Waiting can be tough, but waiting for something while you're suffering can feel unbearable. Paul reminds us that not only are we waiting, but creation itself is waiting too. Creation, the physical world that God created, was cursed through the sin of humanity, and it will be restored when the children of God are glorified—which is what we wait for. Paul reminds us that our present suffering is nothing compared to the glory that God is bringing. Creation and humanity groan together, yearning for the day when God will make everything new. This passage gives us hope because it reminds us that the best is yet to come.

← For Christians who were suffering for their faith in Rome, how would this passage have brought them comfort and hope?

→ How can the hope of future glory change the way you respond to hard things in life?

↔ How does this passage remind you to show compassion and patience to those who are hurting?

📍 MEMORIZE

Write **Romans 8:28** on a small card. Walk around and say the verse out loud. The physical movement helps your brain process and remember the words. You can say it faster or slower as you walk.

📍 PRAY

Heavenly Father, thank You for the hope of future glory. Please help me remember that my present sufferings are nothing compared to what You have in store for me. Give me patience as I wait for You to make all things new.

Day 04

ROMANS 8:26-30

📍 READ & RESPOND

Have you ever tried to pray but couldn't find the right words? Maybe you were hurting or just didn't know what to say. The good news is that you don't have to. The Holy Spirit knows your heart and steps in to pray for you. He knows exactly what you need, and God, who understands the Spirit, hears every prayer. Even when life is hard, we can be confident that God is in control. He uses everything we go through to help us become more like Jesus. This passage reminds us that our lives are part of a much bigger, perfect plan set in motion by a loving God. He wants to bring us closer to Him and make us more like His Son.

🔄 What five things does Paul say God has done for those who are in Christ?

↓ What does it mean that our purpose is to be “conformed to the image of his Son”?

→ How should knowing that you are part of God's perfect plan change the way you live your life?

📍 MEMORIZE

Write **Romans 8:28** on a sticky note and put it on your bathroom mirror. Every time you get ready in the morning or evening, say the verse out loud while looking at your reflection. The visual and verbal repetition will help you lock the words into your memory.

📍 PRAY

Holy Spirit, thank You for interceding when I just don't have the words to pray. Continue to work in my life and mold me to become more and more like Jesus.

Day 05

ROMANS 8:36-39

📍 READ & RESPOND

Have you ever gone through something really tough and felt totally alone, like even God wasn't there? In this passage, Paul wants us to know that no matter what, we are never separated from God's love. Paul talks about the hard times people face, quoting a psalm about suffering. But he makes it clear that nothing—not even the worst things in the world or the most powerful spiritual forces—can ever break the connection between God's children and their heavenly Father. Life will always have its difficulties, but God can use every single one of those moments to help us become more like Jesus. You can be confident that you are forever connected to the One who is perfect love.

📍 What does Paul say can't separate us from God's love?

← What does God's promise that nothing can separate us from His love reveal about the security of our salvation?

→ How can the security of God's love change the way you face your fears and anxieties?

📍 MEMORIZE

Make up a simple tune or rap to go with **Romans 8:28**. The rhythm and melody will help you remember the words. You can sing it to yourself or record it to listen to later.

📍 PRAY

Heavenly Father, You are perfect love, and I know You are always with me. Use the difficult things in my life to help me grow to be more like Your Son.