



MIND SET

Does God Care About Pain? (Romans 8:18-28) Talk-it-Over Notes | June 27-28, 2026

REVIEW IT

Paul's letter to the Romans encourages believers facing persecution and hardship by affirming that God sees our pain and does not minimize it. God sees that pain is real, but it is temporary compared to the future glory God promises. All of creation, believers, and even the Spirit "groan" in anticipation of redemption. Pain has a purpose: it helps us identify that something is wrong, motivates change, makes us wiser in the future, fosters compassion, and creates a desire for heaven. Ultimately, God works through all suffering to make us more like Christ.

Spend some time in the word: Read Romans 8:18-28

TALK ABOUT IT

1. What stood out to you from this message and Bible reading?
2. If we know God isn't calling us to minimize or ignore the painful parts of our story, why do you think we tend to do it?
3. Read Romans 8:26-27. As you think through the pain you are going through right now, in what specific areas do you need the Holy Spirit to help you?
4. Read Romans 8:28. As you look back over your life, recall a pain you experienced that served a useful purpose. In what ways does this memory give you hope as you endure the pain you are going through now?
5. The passage describes how creation, believers, and even the Holy Spirit "groan" in anticipation of future glory. What does it mean to you that God not only sees your pain but groans with you and intercedes for you? How can this truth shape the way you handle difficulties?

ACT ON IT

This week, take time each day to bring your pain, worries, or struggles to God in prayer. Be honest about what you're experiencing, and ask Him to show you how He might use your challenges to grow your character, deepen your compassion, or draw you closer to Him.

PRAY ABOUT IT

Take time to ask how you can pray for and support one another in prayer. Then, close in prayer.