



We wait. We hope. We strain our eyes to see the future we desperately need coming around the corner. Because once we've done all we know to do, once we've exhausted all our human resources, we have no choice but to acknowledge that all of our self-sufficiency is, well, insufficient. It doesn't mean there's no hope. It just means ... we wait.

Psalms 130 talks about waiting, just like the disciples gathered waiting for the Holy Spirit in Acts 1 & 2. Like many lament psalms, Psalm 130 moves from hurt to hope. Interestingly, when Paul talks of the Holy Spirit in Romans 8 he talks of creation, believers and even the Holy Spirit "groaning." The Spirit has been poured out but we are not at the new creation in all its fullness yet.

- Open with prayer.
- If your group is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- Honestly, would you consider yourself a patient person? Why or why not?
- How have you been tested in your patients recently?

REVIEW

Together, open your Bibles and read from **Psalm 130 & Romans 8:22-30**

Share your favourite points from the weekend sermon. What spoke to you? Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

Psalm 130

- Have you ever lost sleep because you were so excited for the next day's events? What were you so excited for?
- Have you been waiting for something for a long time? Why don't you give up? How long will you keep on waiting?
- How do these verses apply to your life? What will you do about it?

Romans 8:22-30

- How has your present suffering resulted in God working it out for good in your life? (For example: learned how to forgive, understand other people's pain, deeper trust in God)
- What's the difference between the hope of a Christian and wishful thinking?
- How does thinking about God's plan for the future give you hope today?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.