



The movie “The Princess Bride” said it well: “Life is pain ... and anyone who tells you differently is trying to sell you something.” Suffering, for any number of reasons, is part of the reality of this life. Much of the time, there’s no easy fix, no way around it — no way past it except through it. How do we navigate suffering in the context of a life in tune with God’s Spirit?

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

CONVERSATION STARTERS

- What’s one thing you’re looking forward to in the future?
- Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **Romans 8:18-27**.

- 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

- When you were young, who caused you to change your behavior by their influence?
- How can suffering benefit us? What has been some of the positives that have come out of going through times of testing?
- How do you deal with painful experiences and unmet expectations in your life? Can you trust that God is working for your good even in times of suffering?
- What is the difference between hope of a Christian and wishful thinking?
- How does thinking about God's plan for the future give you hope today?
- What does the Holy Spirit do for us when we don't know how to pray? When is the last time you did not know how to pray and the Holy Spirit helped and comforted you?
- 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.