

HELP IN SUFFERING

ROMANS 8:26-30

6/29/25

I. HELP THROUGH THE SPIRIT

Romans 8:26-27 - “Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. ²⁷ And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.”

A. The Spirit helps us in our prayers

1. Prayer is powerful in the midst of suffering
2. Sometimes we struggle to express our hearts in prayer

B. The Spirit helps us in intercession

1. He has ALL knowledge
 - He knows us and He knows God – connects us
2. He prays “according to the will of God”

II. HELP THROUGH GOD’S PLAN

Romans 8:28-30 - “And we know that for those who love God all things work together for good, for those who are called according to his purpose. ²⁹ For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. ³⁰ And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.”

A. God’s plan is “good”

1. What is “good”?
 - Our glorification
2. “All things” include bad things
 - Joseph (Genesis 45) & Jesus
3. Who is this for?
 - Christ followers, “Who love God...who are called...”

B. God’s plan is unbroken

1. God guides His plan
2. God’s plan gives us security in a world of suffering

COMMUNITY GROUP DISCUSSION QUESTIONS

1. What did you think about the message this week? What stood out to you or challenged your thinking?
2. Paul references difficulty in praying...Have you ever felt like it was difficult to pray in a certain situation? Share with the group. What helped you in that situation?
3. How are you encouraged that the Holy Spirit knows you and intercedes in your prayers for you?
4. Do you have an example of a difficult situation that God used for good in your life? How did this situation shape your faith?
5. How does knowing God has a perfect plan give you security in an insecure world?
6. Which aspect of the “golden chain of salvation” (foreknowledge, predestination, calling, justification, glorification) do you find most encouraging? Why?
7. What is one thing from the group or the message this week that you want to live out? How can the group help you live that out?