



## Set Free from our Groaning Romans 8:18-27

### Set Free from the groans of this world. Romans 8:18-22

*"For we know that the whole creation groans..."* (v.22)

- **Discover God's perspective on our present suffering.** (v.18)  
*"For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us."*
  - Our suffering is temporary (v.18)
  - Our suffering will reveal a greater glory for us. (v.18)
  - Suffering causes a longing for Christ's future return. (v.19)  
*\*II Corinthians 4:7-18 (See Digging Deeper)*
- **Remember why the creation is suffering.** (v.20)
  - Denial of God's truth. Genesis 3:1-3
  - Dismiss accountability and consequences of wrong doing. Genesis 3:4
  - Determine your own definition of what is right and wrong. Genesis 3:5-6
- **Trust in God's sovereign control to set the creation free.** (v.21-22)  
Revelation 21:5, Isaiah 11:5-9

### Set Free from the groans of our bodies. Romans 8:23-25

*"...even we ourselves groan within ourselves..."* (v.23)

- **Realize that even Spirit-filled believers will suffer.** (v.23)  
*"And not only this, but also we ourselves, having the first fruits of the Spirit..."*
- **Learn to wait eagerly for our newly redeemed body.** Romans 8:23; II Corinthians 5:2-4  
*"...waiting eagerly for our adoption as sons, the redemption of our body."* (v.23)
- **Keep a hopeful perseverance even if we do not see results right now.** (v.24-25)  
*"But if we hope for what we do not see, with perseverance we wait eagerly for it."* (v.25)

### Set Free through the intercession of the Holy Spirit. Romans 8:26-27

*"...the Spirit Himself intercedes for us with groanings too deep for words..."* (v.26)

- **Admit our own weakness in prayer.** (v.26)
- **Trust that the Spirit will intercede so we pray according to God's will.** (v.27)

## Digging Deeper

Today's passage reveals three types of "groaning" that we will experience. The creation groans because of its corruption and decay from Adam and Eve's disobedience in the Garden. Our bodies groan because we suffer from that same curse as a result of sin. And the Holy Spirit groans for us as He helps our prayers bring about the will of God.

Romans 8:18 offers God's perspective on suffering. It is temporary and leads to great glory in the future. For those who want gratification and pleasure now, that is tough to accept. But, as Jesus taught and modeled, suffering now can bring a greater eternal glory.

**LifeGroup Discussion:** II Corinthians 4:7-18 offers more insight on suffering today. Discuss the LifeGroup and Discipleship questions below from II Corinthians 4 and selected passages.

- **v.7: Why do we have fragile bodies like "earthen vessels?"**
- **v.8-10: What suffering will God allow and what does He say will "not" happen to us?**
- **v.11-12: What does suffering "manifest" to others?**
- **v.13-14: What ultimate hope should we look for?**
- **v.15: Even if we suffer, what will spread to more people as we remain faithful?**
- **v.16-17: Why should we not lose heart? What can we still look forward to in our "light affliction?"**

The suffering of creation "waits eagerly" for Christ and His followers to be revealed when He returns to earth. Romans 8:19

The suffering of our bodies causes us to "wait eagerly" for Christ to return and give us a new body. Romans 8:23

Therefore, suffering can be good in that it points us to Christ and causes us to seek His will and return. Every time that term, "waiting eagerly" is used, it refers to the second coming of Christ.

### What do the following verses teach you about how we should live as we "wait eagerly" for Him?

- **I Corinthians 1:7-9:** As we wait eagerly, what do we not lack? In vs. 8, what will Christ confirm? What quality of God is revealed as we "wait?"
- **Philippians 3:20-21:** As we "wait", where is our real citizenship? How should that impact how we live and view our lives here right now? In vs. 21, what do we have to look forward to as we "wait eagerly?" What kind of body did Christ reveal to us after His resurrection?
- **Hebrews 9:28:** What will we see as "those who eagerly await" Jesus? As we "wait," what has Jesus accomplished for us in regards to our sin? How does that encourage you?
- **I John 2:28-3:3:** What warning is given to us in I John 2:28-29? Why might some have "shame" at His coming? What is our Father's view of us as His children in 3:1? What happens to us when Jesus "appears?" As we wait for Christ to return, what should that hope cause us to do in 3:3? How are you "purifying yourself" each day since we do not know when Christ will come?

## Next Steps:

1. **Get involved with Calvary's Reach: Local ministry** to help bring the peace of God through helping meet both spiritual and physical needs of people who are currently "suffering." Find out more at [calvarylife.org/reach](http://calvarylife.org/reach)
2. **Set aside some intentional time to pray this week.** Make an effort to recognize those moments when you don't know what to say. In those moments, thank the Holy Spirit for knowing your heart and for praying to the Father on your behalf.
3. **Practice perspective.** Consider what your future glory will be like one day. Being in the presence of God, a new heaven and earth created perfectly, no more crying or pain, a place prepared for you by Jesus, beauty greater than the finest jewels on earth, and more. Meditate on Romans 8:18 and 2 Corinthians 4:16-18.