

# Title: The Three Groanings: Hope in Suffering

**Main Text:** Romans 8:18-26

**Theme:** Understanding the groanings of creation, believers, and the Holy Spirit in the context of suffering, hope, and divine intercession.

## Introduction

- Life is filled with suffering and challenges, but **Romans 8** reminds us that our present sufferings cannot compare to the **glory that will be revealed in us** (Romans 8:18).
- Paul highlights **three groanings** that express the tension between present struggles and future redemption.
- These groanings are not just sounds of despair but are **expressions of deep longing for restoration**.

### 1. The Groaning of \_\_\_\_\_ (Romans 8:19-22)

#### A. Creation is Subjected to \_\_\_\_\_

- Sin not only affected humanity but also **all of creation** (Genesis 3:17-19).
- The world experiences **decay, disasters, and death** because it is under the curse.

#### B. Creation Eagerly Awaits \_\_\_\_\_

- Paul describes creation as **waiting with eager expectation** for the **revealing of the sons of God**.
- Just as we await our full redemption, creation longs to be **set free from corruption**.

#### C. The Future Hope of a \_\_\_\_\_

- Isaiah 65:17 – “Behold, I will create new heavens and a new earth.”
- Revelation 21:1-5 – God will **make all things new**, and there will be **no more suffering**.

#### Application:

- We see brokenness in the world—natural disasters, disease, and decay—but we **trust in God’s promise** of a new creation.

### 2. The Groaning of \_\_\_\_\_ (Romans 8:23-25)

#### A. We Have the \_\_\_\_\_ of the Spirit

- The Holy Spirit is a **down payment** (Ephesians 1:13-14) of what is to come.
- While we are **saved**, we still experience **suffering, temptation, and weakness**.

#### B. Longing for Full Redemption

- Our **bodies** are still affected by sin, sickness, and mortality.
- We eagerly await the **resurrection** and **glorified bodies** (1 Corinthians 15:50-54).

#### C. The Hope that Sustains Us

- “Hope that is seen is not hope” (Romans 8:24).

- We endure suffering because we trust in the **future fulfillment of God's promises**.

**Application:**

- When we feel weary, we should **set our eyes on eternity**, knowing that our struggles are **temporary**, but God's promises are **eternal**.

**3. The Groaning of the \_\_\_\_\_(Romans 8:26-27)**

**A. The Spirit Helps Us in Our Weakness**

- There are times we **do not know how to pray** due to suffering, confusion, or spiritual exhaustion.

**B. The Spirit Intercedes for Us**

- The phrase **"groanings too deep for words"** (Greek: **alalētos**) means **unspoken, inexpressible sighs**.
- Unlike tongues (which involves words), this groaning is **wordless intercession**.

**C. The Spirit Prays According to God's Will**

- The Spirit's **intercession is always in alignment with God's perfect plan**.
- Even when we don't have the words, the **Spirit prays for us!**

**D. Why This Is Not Speaking in Tongues**

- Speaking in tongues involves **spoken words** (1 Corinthians 14:2, 14-15).
- Romans 8:26 describes **wordless groanings**, meaning it is **not tongues** but **Spirit-led intercession**.

**Application:**

- When we **don't know what to pray**, trust that the Holy Spirit **prays on our behalf**, ensuring that **our prayers align with God's will**.

**Conclusion: Hope in the Midst of Suffering**

1. **Creation groans** → Waiting for redemption.
2. **Believers groan** → Longing for glorification.
3. **The Holy Spirit groans** → Interceding for us when we are weak.

**Key Takeaway:**

- Our present suffering is **temporary**, but God's glory is **eternal**.
- No matter how difficult life gets, **God is at work**, and His Spirit is **helping us through our weaknesses**.

**Closing Challenge:**

- Are you struggling with suffering?
- Are you weary in waiting for God's promises?
- Be encouraged—**the Spirit is praying for you**, and **your future glory is certain!**