

### DISCUSS

What were the three causes Matt gave for suffering?

How have you experienced suffering in your own life?

How do you tend to respond to suffering? What do you turn to for comfort and support?

When you hear the phrase “the promises of God” what comes to mind?

What are some biblical promises that stand out to you? Why?

How should the promises of God reshape the way you respond to times of suffering?

What did Matt identify as a second source of comfort from verse 57?

How have you experienced suffering as a result of your faith in Jesus?

How did you experience the presence of God in those times? In what ways did you receive peace and comfort as a result?

How have you found God’s presence to be a sufficient “portion” in difficult times?

How would you define grace?

What should change about our view of suffering as recipients of God’s grace?

What would look different about your response to suffering if you were able to fix yourself continually on the truth that God is good to you in the midst of it?

What did Matt describe as “the story of the Bible”?

When you think about the stories within the Bible, what are some examples that demonstrate God at work in the hurt, pain, and sorrow of humanity?

What attributes of God do they illustrate?

If people like Moses, David, and even Jesus were not exempt from suffering, how should that cause us to prioritize our comfort?

How should the truth of God’s constant availability encourage us in times of darkness?

In the weeks ahead, what can you do to be more proactive about running to God in times of weakness, failure, and suffering?

How have you found the companionship of other believers to be a comfort to you in difficult periods of life?

Do you have that kind of community today? Why or why not?

Who could you invite into your life to help you carry whatever pain and loss you may be experiencing?

## LIVE IT OUT

**Pray:** Whatever pain or struggle you are feeling today, spend some time each day this week confessing it to God and asking for Him to meet you in your need.

**Resolve:** Whether you are in a season of struggle or one of comfort, resolve to face times of difficulty with confidence that God is at work in the mess.

**Memorize:** Select 2-3 of the biblical promises mentioned in the session and devote those passages to memory. Ask that God would comfort you with them in times of trial.

**Encourage:** If you know someone who is struggling, reach out to them and encourage them with the promises of God. Schedule a time to get coffee or take them to lunch and be intentional about offering them refreshment through the truth of Christ.

**Invite:** Be proactive about seeking community this week. Invite trusted believers into whatever pain, hurt, or doubt you are experiencing and allow them to help you bear that burden.