



## Faith, Hope and Love || Hope and Suffering

### Psalm 34:15-22

We have talked about hope and how it is what we hold on to while waiting for the Lord to show us His plan. There will be a time that we will endure suffering while we wait with hope.

- *How do you have hope in the midst of suffering?*

### Read Psalm 34:15-22 out loud with your group

- *What does this passage tell us about suffering?*
- *Do these verses give you hope? Why or why not?*

The truth is that all of us will experience suffering in our lifetime, it is inevitable. There is pain that comes from the actual incident that caused the suffering but there is a secondary pain that comes from the fact that you can't solve it yourself. The resolution may always remain a mystery.

- *Why do you think we struggle with the secondary pain as much or even more than the primary pain?*
- *How can we learn from the struggles that we experience?*

Some of the truths we can learn from having hope through our sufferings are empathy and compassion, being led to a place of helplessness, and true fellowship.

- *Which of these truths really resonate with you and have you personally learned it from a prior suffering in your life?*

Verse 18 says "the Lord is near to the brokenhearted and saves the crushed in spirit." Finish your time tonight reflecting on the powerful truth of this verse and discuss how you can find comfort in it regardless of what you are going through in your life.