



**"The Hope of Pain" - January 25, 2026**

**Sermon by Pastor Josiah Kish**

## **Group Leader Notes**

Pain, frustration, and discouragement are unavoidable realities of life and work. From tedious tasks and unmet expectations to seasons of deep grief, loss, and hardship—pain has a way of shaping how we see ourselves, our work, and even God. In this message, Josiah Kish invites us to wrestle honestly with pain through the lens of Scripture. Drawing from Lamentations 3, written by the prophet Jeremiah in the aftermath of profound loss, we are reminded that pain is not a sign of God's absence—but often the very place where God meets us most deeply. Jeremiah does not minimize suffering. He names it fully describing it as wormwood and poison. Yet, remarkably, in the midst of devastation, he declares hope. Why? Because hope is not rooted in circumstances, but in the unchanging character of God—His steadfast love, His mercies that are new every morning, and His enduring faithfulness. This message explores three powerful truths: Pain is the grim reality of a broken world. Hope in pain flows from trusting God's character. Pain carries an invitation—to wait on God, to be formed, and to draw closer to Him. Ultimately, this sermon points us to the Gospel, where we see pain fully embodied in Christ Himself. Jesus enters our suffering, bears it on the cross, and transforms it into a place of redemption and hope. The Gospel empowers us not to escape pain, but to meet God within it. Whether your pain comes from work stress, disappointment, unemployment, caregiving, study, or seasons of deep personal loss, this message offers an invitation: to see pain not as the end of hope, but as the doorway through which God does His deepest work in us.

**Main Scripture Reading:** Lamentations 3:19–30

## **Group Discussion**

Begin in prayer before reading and discussing the text.

- **"Vinegar moments" at work:** Pastor Josiah describes certain tasks and seasons of work as tasting like vinegar—frustrating, discouraging, or painful. What are some “vinegar moments” in your own work or daily responsibilities, and how have they affected your attitude or faith?
- **Pain and God's character:** Lamentations 3 shows that hope in pain comes from trusting God's character—His faithfulness, mercy, and love. How does focusing on who God is (rather than trying to escape pain) change the way you respond to discouragement or frustration?
- **Pain as an invitation:** Pastor Josiah teaches that pain can invite us to wait on God, be brought low, and examine our relationship with Him. Which of these invitations resonates most with you right now, and what might it look like to practically respond to that invitation this week?

**Let's Pray**

<https://youtu.be/JdMn19dthY4?si=4wicDAJdFEaZnQqC>

