



The Groaning of Believers

Romans 8:23-25

I. We Groan While Waiting for Redemption (v. 23)

- A. We _____ just like creation groans (v. 23a)
(Matt. 7:34; Acts 7:34; Heb. 13:17; Gal. 5:17)
- B. We are the first _____ of the Spirit (v. 23b)
(Ex. 23:19; Deut. 18:4; Num. 13:23)
- C. We wait eagerly for _____ as sons (v. 23c)
(Rom. 8:15; Gal. 4:4-6; Eph. 1:5; 1 Cor. 15:52;
Phil. 3:20-21; 1 Jn. 3:2)

II. We Groan While Waiting in Hope (v. 24)

- A. _____ into a future we cannot see (v. 24a)
(Eph. 2:8-9; Titus 1:2; Heb. 11:1; Col. 1:27;
Heb. 13:14)

- B. _____ by a hope we cannot see (v. 24b)
(2 Cor. 5:7; Heb. 11:1; Jn. 20:29; 1 Jn. 3:3)

III. We Groan While Waiting with Patience (v. 25)

- A. Hope fixes its eyes on the _____ (v. 25a)
(2 Cor. 4:18; Col. 3:2)
- B. Hope endures the present with _____ (v. 25b)
(Jms. 1:3-4; Heb. 6:17-20; 12:1)

TAKE HOME:

- What is your groaning _____ right now—sin you've been tolerating, suffering you've been interpreting without hope, or an idol you've been worshipping for comfort?
- Where are you living by sight instead of by _____—letting what you can see (circumstances, culture, body, emotions) overrule what God has said?
- What would “_____ hope” look like this week in one specific battle—one relationship, one temptation, one grief, one ongoing pressure—where God is calling you to stay faithful and keep your eyes on Him?

Application Questions

James 1:22 says, *“But be doers of the word, and not hearers only, deceiving yourselves.”* These questions are designed to help you apply today’s message in your life. We encourage you to thoughtfully answer these questions and discuss your answers with others. For more information about joining a Small Group that uses these questions as the basis for discussion, prayer, and accountability, please call the church office at (661) 259-2913.

1. What is your groaning revealing about your current spiritual condition—are there sins you’ve been tolerating or areas where you need to seek deeper holiness? (Gal. 5:17)
2. In what ways are you tempted to find your hope or identity in things you can see, rather than in the promises of God? (2 Cor. 4:18)
3. How does the reality of your adoption in Christ encourage you to approach God as your Father, even when you feel like a spiritual mess? (Rom. 8:15)
4. Where are you struggling to wait with patience for God’s promises to be fulfilled, and how can you endure with steadfastness in that area? (Jms. 1:3–4)
5. How does the Spirit’s presence in your life create a longing for holiness and a dissatisfaction with sin? (1 Jn. 3:3)
6. What would it look like this week to set your mind on things above, rather than being consumed by what is visible and temporary? (Col. 3:2)
7. How can you encourage another believer who is groaning under suffering or temptation, reminding them of the hope of glory? (Heb. 10:23–24)
8. In what specific area of your life do you need to anchor your hope in what is unseen, trusting God’s promises over your present circumstances? (Heb. 11:1)

“If then groaning of the whole creation consisted of two elements, namely, (a) experiencing pain, and (b) looking forward in hope, we may conclude that the same holds also for those who possess the firstfruits of the Spirit, God’s dear children.”

- William Hendriksen, *New Testament Commentary on Romans*