



Key References:

Romans 8:18–26 (ESV)

¹⁸ For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. ¹⁹ For the creation waits with eager longing for the revealing of the sons of God. ²⁰ For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope ²¹ that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. ²² For we know that the whole creation has been groaning together in the pains of childbirth until now. ²³ And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. ²⁴ For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees?

²⁶ Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

John 16:21–22 (ESV)

²¹ When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world. ²² So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.

John 3:3–5 (ESV)

³ Jesus answered him, “Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God.” ⁴ Nicodemus said to him, “How can a man be born when he is old? Can he enter a second time into his mother’s womb and be born?” ⁵ Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God.

1 – CREATION IS GROANING

On Sunday Andy mentioned his bathroom door groans every time it opens. **What physical object in your life (car, house, office) is groaning right now and what needs to happen to fix it?**

Andy said that every time something groans that it’s an audible reminder that it needs to be fixed. Romans 8 tells us that all creation is groaning. **In what ways has creation been groaning since the fall?**

2 – THE GROANING IS ACTUALLY A BIRTHING

Read Romans 8:18-22. **Why do you think this passage draws on the imagery of childbirth? As we pair together groaning of creation and the process of childbirth what do you think scripture is saying to us?**

Verse 21 tells us that creation is in bondage to corruption. **What does this mean for humanity’s ability to one day be able to fix everything? Out of this truth how would you explain the need for the gospel to someone who doesn’t yet believe?**

Read John 16:21-22. Here Jesus also draws on the imagery of childbirth. **When will the rejoicing come in v22 / when is the birthing process complete?**

Read Romans 8:23-24. Here we see that our bodies are also groaning. **In what ways do you notice this groaning / fallen nature of your own body? What does it mean that we have the first-fruits of the Spirit, is there something more coming?**

How does knowing that one day there will be a new creation birthed and your body redeemed give you the hope mentioned in v24?

3 – THE SPIRIT GROANS

Read Romans 8:26. **Since we’re in the middle of this, at times painful, birthing process how does this passage reveal how The Holy Spirit is supporting us? What are groanings to that are “too deep for words”?**

How have you felt the Holy Spirit’s support in your weaknesses / groanings? Is there a groaning in your life today that we can pray for in particular?