

Shrinking Pain

Romans 8:18-25

September 20, 2026 | Dr Ken Quick

Question: Does God provide truths that can diminish our pains?

I. The Context (Romans 8): An amazing sandwich with a mystery meat!

II. The Premise: Romans 8:18

A. The sufferings of the “now time”

B. Compared with what’s coming

C. Weighed on the scales: No contest

III. The Proofs: Three of them, around an event we “wait, waiting”

A. The whole Creation is *longing* for this event (Rom. 8:19-22)

B. We already have the “*first fruits*” of this event, but must wait for the harvest coming! (Rom. 8:23)

C. Hope for the *certainty* of this event (Rom. 8:24-25)

D. The *downpayment* which shrinks pain: not worth comparing!

Discussion Questions

1. What is one thing that stood out to you from the sermon that you want to be sure to remember?
2. Read Romans 8:1-17 and summarize the main message of these verses.
3. Read Romans 8:26-39 and summarize the main message of these verses.
4. What are some of the many unhealthy ways people cope with “the sufferings of the now-time”?
5. How does our “hope” impact the difficult and painful challenges of our lives? What would happen if you had *no hope*?
6. On a scale of 1-10 (10 being the hardest) how hard is it to think that birds, trees, ants, and deer, as well as rocks, moon, and stars are all “stretching their necks” awaiting your revelation as a child of God in glory? Why is it so hard?
7. How great must the glory be that we are to receive that it possesses the power to shrink all our human pains, make them seem small?
8. Are there any ways we could help each other “wait more eagerly”?

