

# ***Biblical Groaning***

**Romans 8:18-26, 31-34; Romans 5:1-8**

*Grace Fellowship Church / Pastor Brad Bigney / Jan. 28, 2024*

In **Romans 8:18-26, 31-34**, Paul is describing a threefold cord that gives you the strength to persevere in the face of shattering circumstances. That threefold cord is made up of our groaning, hoping, and waiting!

## **I. This Groaning Is Internal, Universal, And Grows Louder And Louder The Older You Get**

If you're groaning, it doesn't make you special; it just means you're human because that's what human beings, created in the image of God, do in a fallen, broken world. It's our natural and default setting.

## **II. Our Response To This Groaning Depends On Where You Look for Help**

### **A. You Can Try To Drown Out This Groaning With Worldly Distractions And Human Prescriptions**

At the end of the day none of it works! You still come up groaning because we're born with a groaning that will not depart until Jesus returns or takes us home to be with Him.

The Bible doesn't tell us how to stop it, but how to embrace it and infuse it with something the Bible brings into view and points us to 175 times: hope.

### **B. Jesus Can Save You And Change The Tone Of Your Groan**

The Bible teaches that when Jesus comes into your life, He steps inside your circle of pain and He groans with you, by His Spirit, infusing it with hope. Look at **Romans 5:1-8**.

#### **1. Your Groaning Pales In Comparison To The Glory That's Coming!**

**Romans 8:18** "For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us."

The word "consider" in the Greek literally means "calculate." It's an accounting term.

Paul's telling you to draw a line down the middle of the page of your life and put your suffering on one side in all of its gory detail. Then make sure you're reading Bible carefully enough, and often enough, that the glory of what's coming on the other side of that list is getting bigger and bigger!

#### **2. Your Groaning Is No Accident But Is By Design**

**Romans 8:20** "For the creation was subjected to futility, not willingly, but because of Him who subjected it, in hope."

God Himself has subjected everything to futility! The word "futility" means empty, hallow, ineffective, or frustrating.

From **v. 20** you can see two things that are inescapable and built right into the very fabric of this world right now: futility and hope. God says, “I put them both there!”

#### **a. Futility**

It says, “the whole creation was subjected to futility.”

That’s why there’s a fundamental frustration in everything you try to do in this world!

He’s not a cruel God and He’s not a killjoy, but He has designed this world right now to not fully satisfy.

#### **b. Hope**

The God of hope will have the last word because all of this frustration, pain, and sorrow were never intended to be the last word!

It’s all temporary, time-bound, and preparatory for what’s coming next!

#### **c. Expiration**

**Romans 8:22-23** “For we know that the whole creation has been groaning together in the pains of childbirth until now. <sup>23</sup>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.”

There is an expiration date to all this groaning! And so, we hope for it like an eager child gripping our Father’s hand, standing tip-toe, wide-eyed, and waiting!

### **3. You Never Groan Alone!**

**Romans 8:26** “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.”

God’s Spirit doesn’t just groan with you, He groans through you making sense of your garbled groaning as He carries you to the throne of grace to be received by your great High Priest – Jesus Christ!

### **4. His Grace Will Meet You In The Mess**

**Romans 8:31-32** “What then shall we say to these things? If God is for us, who can be against us? <sup>32</sup>He who did not spare His own Son but gave Him up for us all, how will He not also with Him graciously give us all things?”

The same Jesus who died for you, is committed to being with you and will grace you in the midst of your mess. You don’t have to go looking for Him because He’s coming to grace you when all you can do is groan.

**Romans 8** tells us how to persevere through the groaning with hope and **Revelation 21:1-6** shows us the fulfillment of all that's being promised and how the futility and groaning will end forevermore.