

**Bible Reading:** Exodus 20:1-17 and Romans 8:16-26

**Psalters:** 50:1-3 – 1:2-3 – 91:1-5 – 81:1-4 – 429:2, 4

Intro. God's chosen are not chosen to be exempt from suffering here!

### **God's Counsel to His Waiting Church (2)**

I. Don't lose sight of the nature of your suffering

II. Don't lose sight of others that are sighing with you

III. Don't lose sight of the nature of your groaning

#### **I. Don't lose sight of the nature of your suffering**

A. God's counsels His people *not to lose perspective* in suffering

1. We are to **reckon**

2. We are to reckon that *sufferings are for the present time*

a. these sufferings will be real and painful

b. yet they are *temporary*

3. We are to focus more on the **glory to come in us** (2 Cor. 4:17-18)

a. though *details* are unknown, the reality is already existing

4. We are to not to compare now and then: *why not?*

#### **II. Don't lose sight of others in this sighing with you**

A. Considering others in suffering can be therapeutic

1. We live among a creation that suffers also (vs. 20-22)

2. We live among creatures that *longs for* the end of suffering (vs. 19)

3. They suffer even without having been guilty of personal sin (vs. 20)

4. This *bondage of corruption* isn't limited to animals or plants

B. Why did Paul share this?

1. to exhort his fellow believers to not give up hope but *wait patiently*

a. all creation will be delivered (vs. 21; John 3:16; Rev. 21-22)

b. they themselves will be (19b, 23b)

### **III. Don't lose sight of the nature of your groaning**

A. What is the nature of the sighing and groaning pain in creation?

1. It is a *groaning with a hopeful horizon* (vs. 24; John 16:20-22)

B. But not only the *surrounding creation groans and travails* (vs. 23)

1. All who have the *first fruits of Spirit* groan and travail likewise

a. what are the *first fruits of the Spirit*

b. what is the promise behind *first fruits*

c. what are the *groanings within ourselves?* (vs. 26)

2. Into what will these groans end: *the redemption of our body* (vs. 23)

a. the resurrection of the body is *highest degree of adoption*

C. Isn't that worth *enduring in and waiting for with eager expectation?*

#### **Closing Reflection ...**

A. There is hope for *the irrational and senseless creatures* (vs. 21)

B. But hope is there for *rational and senseless but defiant sinners?*

## **Judgment and Redemption**

---

As death leaves us, so judgment will find us. (T. Brooks)

If you have surrender yourself to the hand of God's mercy,  
You cannot be delivered out the hand of His justice. (M. Henry)

The Lord has a golden scepter and an iron rod. Those who will not bow to  
the first shall be broken by the last. (T. Watson)

Bless God if you find in you the resurrection life, for then there awaits you a  
resurrection.

God fits our soul here to possess a glorious body after this life.  
But after this life, He will also fit the body for a glorious soul! (R. Sibbes)