NOTES

Sunday, January 18th, 2026

1. When suffering hits home, what would trusting Jesus look like today instead of withdrawing or hardening your heart (John 16:33)?

2. Where has your own free will contributed to hurt, and what repentance or repair will you pursue this week?

3. How have you seen God bring good from pain (Romans 8:28), and what step will you take to cooperate with His forming work now?

4. Who around you is hurting, and how will you embody Christ's compassionate presence for them this week rather than offering quick explanations?

5. In light of the future glory God promises (Romans 8:18), what daily habit or prayer will help you "take heart" when trouble comes?