

# “Good God. Why Suffering?”



## OPEN IT

- When suffering shows up in life, what do you find yourself wanting most: answers, relief, or presence? Why?
- Growing up, what message (spoken or unspoken) did you receive about how faith and suffering fit together?

## READ IT:

- Job 42:1–6
- Matthew 26:36–42

## WATCH IT:

- Book of Job's Wisdom - <https://www.youtube.com/watch?v=GswSg2ohqmA>

## EXPLORE IT

### Movement: Problem > Job > Jesus > Trust

- The Why do you think suffering is such a major obstacle for people when it comes to trusting God?
- The message states that evil and suffering are not evidence against God—and may even be evidence for God. What feels compelling or uncomfortable about that idea?
- In Job's story, God never answers Job's "why." Instead, He reveals **who He is**. Why do you think God responds that way?
- What stands out to you about Job's response in **Job 42:1–6**, especially the shift from demanding answers to humble trust?
- The Job video emphasizes God's wisdom and the limits of human perspective. How does recognizing our limitations change the way we approach suffering?

- In **Matthew 26:36–42**, Jesus is described as “overwhelmed with sorrow.” Why is it important that Scripture shows Jesus experiencing suffering so honestly?
- The message says Jesus’ greatest torment was **relational**, not physical. How does that shape the way we think about God’s nearness in our own pain?
- Of the three truths presented—
  - God hates suffering but allows it
  - Suffering is inevitable
  - Suffering is not meaningless—which one do you struggle with most, and why?

## DO IT:

- **Practice honest prayer this week.** Like Job and Jesus, bring your real emotions to God—confusion, grief, frustration—without trying to clean them up.
- **Choose proximity over explanation.** If someone around you is suffering, resist fixing or explaining. Show up, listen, and reflect God’s presence.
- **Lean into trust, not certainty.** Identify one place where God is inviting you to trust Him *without having all the answers*—and name that step in prayer.