



# THIS IS MY SONG

## Part 1

### Introduction

It's remarkable how Paul's perspective, which allows him to call his intense suffering "light and momentary troubles," points us to the hope of eternal glory and the purpose God is working out in our lives, even in the hardest of times.

### Discussion Questions

1. Have you ever gone through a difficult season in life and found yourself questioning God's purpose in it? How did your perspective on suffering shift over time?
2. How do you personally relate to the idea of "light and momentary troubles"? What helps you keep that perspective during painful seasons?
3. Paul says that "if it's not good, God's not done." What does this mean to you in your current or past seasons of pain? How can we trust that God is working for our good when we can't always see the full picture?
4. What are some ways you have seen or experienced God's redemption in the midst of suffering? Can you think of examples in your life where God's goodness became clearer after a period of pain or difficulty?
5. The message highlights how the cross, a symbol of suffering, became a symbol of redemption and hope. How does this challenge our understanding of how God works through pain?
6. Reflecting on the hymns and stories mentioned (like "Amazing Grace" and "It Is Well with My Soul"), what role does worship and declaration of God's goodness play in our response to suffering?
7. If you were to write a hymn or song based on your own story, what would the theme be? What would you want to declare about God's goodness in the midst of your pain?
8. The message suggested three practical steps:
  - (1) Give your suffering purpose
  - (2) Lengthen your timeline (looking toward eternal glory)
  - (3) Look to the cross.Which of these stands out most to you, and how can you apply it in your own life?
9. How can we as a group come alongside one another in suffering, both in offering support and in declaring God's goodness together?

### Challenge

After hearing these stories and reflecting on Paul's words, what is the song of your soul? In what ways has God proven Himself faithful in your own journey of pain and suffering?