

APPLICATIONS

1. Read Romans 8:17-25 and ask each member in your Life Group to share what they sense the Holy Spirit is teaching them.

2. Have you ever "suffered" for the sake of Christ - at work, with family, at school, or somewhere else?

3. What spiritual practices help you in your suffering? (prayer, worship, scripture reading & meditation, counsel from spiritually mature Christians, giving of your time, talents, and treasures to help others)