

Struggles to Stories

Romans 8:28

The Grind and the Glory - Session Four

February 1st, 2026



“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.”

This guide is designed to help you:
Understand what Romans 8:28 truly promises (and what it doesn't)
Reflect honestly on your current “grind”
Discover how God is weaving your struggles into His greater story
Grow in confidence, hope, and perseverance

This is not about rushing toward the finish line—it's about faithfulness in the middle.

SECTION 1: Understanding the Passage (Romans 8:28)

1. “And we know...”

Paul begins with confidence, not emotion.
This is not wishful thinking.
It's settled assurance.
Biblical faith doesn't ignore pain—it trusts God through it.
Faith says, “I don't see the whole picture, but I trust the Artist.”

2. “In all things God works...”

This does not say God causes all things.
It says God works in all things.
God doesn't waste pain
God doesn't abandon the process
God doesn't panic when life gets messy
He is always active—even when it feels quiet.
God is often doing His deepest work in seasons that feel the least dramatic.

3. “For the good...”

“Good” in Scripture is not comfort—it's Christlikeness.
Sometimes God's “good” looks like:
Growth instead of relief
Strength instead of escape
Character instead of convenience
What feels hard today may be holy preparation for tomorrow.

4. “For those who love Him and are called according to His purpose”

This promise is relational.
It's for people who:
Love God daily
Choose obedience consistently
Keep following Jesus—even when it costs something
This is the grind of discipleship:
taking up the cross, loving God, loving others, and trusting God with the outcome.

SECTION 2: Connecting the Passage to the Sermon

The sermon Struggles to Stories reminded us:
-The grind is not punishment—it's preparation
-God uses struggles as threads in His redemptive story
-Our past hardships and victories shape what God does next

Core Truth:
When we grind in faith, God brings the glory—in His time, in His way.

SECTION 3: Reflection & Interactive Questions

Take time to write. Be honest. Growth happens in reflection.

What season of life are you currently in: growth, waiting, struggle, rebuilding, or gratitude?

Where does the “grind” feel the heaviest right now?

Digging Deeper

How does Romans 8:28 challenge the way you normally interpret difficult seasons?

What’s the difference between believing God can work things out and trusting that He is working right now?

Can you identify a past struggle that God later used for good? What did it prepare you for?

Living It Out

What does “embracing the grind” look like practically in your daily life this week?

How can loving God and loving others reshape how you respond to stress or frustration?

Is there something you’ve been carrying that God is inviting you to lay down?

SECTION 4: Encouragement for the Week Ahead

If you remember nothing else, remember this:

-Your story is still being written

-Your struggle is not the conclusion

-Your faithfulness matters more than you realize

Encouraging Truths to Hold Onto:

-God is not late

-God is not absent

-God is not finished

Every prayer matters.

Every act of obedience counts.

Every step in the grind is building something eternal.

SECTION 5: Weekly Challenge - “Live the Grind with Purpose”

This week, choose one intentional action:

-Begin each day by surrendering your plans to God

-Speak gratitude instead of frustration

-Encourage someone else who’s in the grind

-Reflect nightly on where you saw God at work

Challenge:

I will trust God with the process, believing He is turning my struggles into a story that brings Him glory.

Closing Prayer

God, help me trust You in the grind.

Give me eyes to see Your work, patience to stay faithful,
and courage to keep following You.

Turn my struggles into stories that point others to You.

Amen.