



Sermon Discussion Guide

June 11, 2023

Navigating Sadness

Welcome to the second week of our new series, NAVIGATING EMOTIONS. This week we look at navigating sadness.

What is one of your favorite summer memories?

Take a moment to share your responses to the questions on the tool with your group.

Today I am feeling _____ (mad, glad, sad, excited, afraid, ashamed).

Do I know why?

I am asking God to give me an extra measure of _____ (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control).

EXPRESSING SADNESS

Have someone read Psalm 6. What are some of the words David uses to describe his sadness?

When have you experienced sadness in that way?

Our culture can often push us to ignore sadness, which leads us to try to ignore, hide or numb our sadness away. What are some things we might use to numb our sadness?

What's the danger of numbing away our sadness instead of expressing it?

MORE THAN SADNESS

Have someone read Psalm 31:9, 14. What two emotions does David express in these verses?

How do you think David can express both those things at the same time?

It can be easy to just focus on our sadness and miss the good things God is doing around us. In what ways can we intentionally focus on the good things God is doing in the midst of our sadness?

NOT ALONE IN SADNESS

Jesus lived the full human experience. What are some times Jesus experienced sadness or sorrow in the gospels?

How does it make you feel when you think about Jesus experiencing sadness?

When we pray to God about our sadness, we can be confident Jesus has experienced sadness similar to ours. How does that give us confidence that God knows what we are going through and cares about us?

What are some ways remembering Jesus experienced sadness might change how we pray to God about our sadness?

AN END TO SADNESS

Read Revelation 21:1-5. What do you see happening in these verses?

Some types of sadness seem more temporary, and some seem like they will be with us forever. What kinds of sadness might be the kind that stick around with us our entire life?

How can keeping the promises of Revelation 21:3-4 in mind offer hope during that type of sadness?

WRAP UP

Today we talked about navigating the emotion of sadness. Which of the four things to remember when navigating emotions resonated with you the most, and how will that change how you navigate sadness?