



## Week #3: I'm So Sad

*The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.*

Psalm 34:18 (NLT)

### What do we do with sadness:

1. Look \_\_\_\_\_.

- We need to \_\_\_\_\_ our \_\_\_\_\_ with others.

*Rejoice with those who rejoice; mourn with those who mourn.*

Romans 12:15 (NIV)

2. Look \_\_\_\_\_.

- \_\_\_\_\_ yourself of the things God has \_\_\_\_\_.

*The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.*

Lamentations 3:22-23 (NLT)

*The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.*

1 Corinthians 10:13 (NLT)

3. Look \_\_\_\_\_.

- \_\_\_\_\_ how you are doing.

*You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.*

Psalm 56:8 (NLT)

*"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."*

John 16:33 (NLT)

4. Look \_\_\_\_\_.

- Believe there is \_\_\_\_\_ for you.

*Now faith is the substance of things hoped for, the evidence of things not seen.*

Hebrews 11:1 (NKJV)

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. 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.*

Romans 8:26-28 (NIV)

### Discussion Questions

1. Have you found it difficult to share your sorrow with others? If so, do you know why?
2. Have you ever felt like David: "Why did you abandon me God?" If so, what helped you move through that experience?
3. Can you share an experience of true sorrow from your own life, or from someone you know, but by God's grace came through it and grew from it?

### Recommended Resources

- *Breathe: Overcoming Anxiety, Depression and Negative Emotions*, by Timothy R. Scott, PhD
- *God Works the Night Shift*, by Ron Mehl
- *Crisis Hotline: 1-888-724-7240*
- *Suicide Prevention Hotline: 1-800-273-8255*
- <https://eastlake.church/mental-health-resources>