

A photograph of a man and a woman embracing outdoors. The man is on the left, wearing a yellow shirt, and the woman is on the right, wearing a grey shirt. They are both looking away from the camera. A large white number '6' is overlaid on the image. The background is a soft-focus green landscape.

6

Enduring Sadness

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WHAT
MAKES YOU
FEEL BETTER
WHEN
YOU'RE SAD?

The POINT ➤

God lifts us up when we feel down.

➤ PSALM 31:1-8

¹ LORD, I seek refuge in you;
let me never be disgraced.

Save me by your righteousness.

² Listen closely to me; rescue me quickly.

Be a rock of refuge for me,
a mountain fortress to save me.

³ For you are my rock and my fortress;
you lead and guide me
for your name's sake.

⁴ You will free me from the net
that is secretly set for me,
for you are my refuge.

⁵ Into your hand I entrust my spirit;
you have redeemed me, LORD, God of truth.

⁶ I hate those who are devoted to worthless idols,
but I trust in the LORD.

⁷ I will rejoice and be glad in your faithful love
because you have seen my affliction.
You know the troubles of my soul

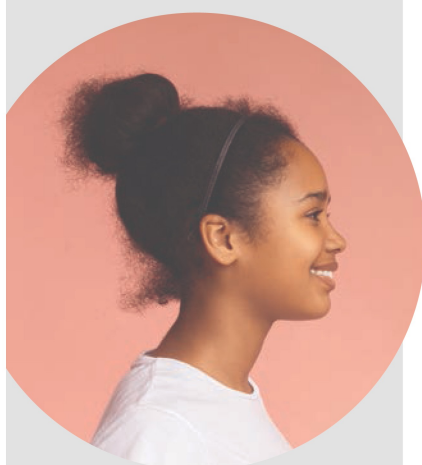
⁸ and have not handed me over to the enemy.
You have set my feet in a spacious place.



THE BIBLE MEETS LIFE

FACT:

The loneliest creature on earth is a whale that scientists began tracking in 1992. This particular whale communicates at a frequency not used by other whales, and though it has continually called for a mate, it's still alone after over 25 years.¹



LEVELS OF BIBLICAL LEARNING // HOLY SPIRIT

The Holy Spirit intercedes before the Father on our behalf when we don't know how or what to pray.

We experience times in our lives when everything seems to be going exactly as planned, and in those moments, life somehow feels right. However, though we'd love for these moments to last, they don't, and it's back to the day-to-day grind of waking up early, school all day, practice and extracurriculars, homework, sleep, and back at it the next day. Life seems so ordinary, even boring or mundane. But there are other times when we could only wish life was boring, because everything seems to be falling apart.

When we're sad, well-meaning family or friends will try to help us to feel better: "You just need to turn that frown upside down." Or maybe even, "Remember, God is working all things for your good." We may know that God cares, and we have many things to be thankful for, but sometimes, this doesn't seem to help. Still, the issue remains—how do we deal with the sadness and grief we face? King David wrote some amazing psalms of praise, but he also wrote psalms when his soul was troubled. Through his words in Psalm 31, we find a meaningful way to deal with our sadness.

PSALM 31:1-2

1 What are some circumstances that tend to bring you down?

2 What can you learn from this passage about sadness?



*In our darkest moments, we may feel like no one knows what we're going through or no one cares. But God knows, and He cares.
#BSFLEmotions*

PSALM 31:3-4

3 What are some secret nets or traps we fall prey to?

4 If we really believe God is all-powerful, why are we so reluctant to trust Him?

5 How does God protect us?

PSALM 31:5-8

6 When are you tempted to be sad, discouraged, or depressed?

7 What practical steps can you take to make sure you turn to God when you feel upset?

8 How can God help you to experience joy?



LIVE IT OUT



GOD

JESUS

HOLY SPIRIT

BIBLE

SALVATION

CREATION

CHURCH

PEOPLE

FAMILY

COMMUNITY
& WORLD

LEVELS OF BIBLICAL LEARNING // HOLY SPIRIT

The Holy Spirit intercedes before the Father on our behalf when we don't know how or what to pray.

When we face difficult times, we may not know what to say to God, or we may not even feel like praying at all. It's important that we pray at all times, but when we struggle emotionally, these are often the times when we're vulnerable to temptation. We need to make sure we follow through with intentionally devoting ourselves to Christ. Thankfully, when we struggle, we can know that the Holy Spirit intercedes on our behalf.

> CHRIST

Jesus understands our sadness. After Judas's betrayal, Jesus was arrested and dragged away to face a series of trials that would ultimately lead to His crucifixion. Because they feared sharing the same fate, the disciples all deserted Him and ran away (Mark 14:50). One reason Jesus is our perfect High Priest is because He's personally experienced the difficulties we face.

9 In your own words, how do you think Jesus felt when His disciples abandoned Him?

10 List two or three things that make you sad right now. How did Jesus face similar things during His time on earth?



Spend time praying that Jesus would provide His strength to help you deal with the things that grieve you.



> COMMUNITY

God has provided our church family to give us the encouragement we all need.

11 Who do you know that's sad right now? What will you do to provide comfort or practical help?

(Remember, even well-meaning advice can sometimes come across as out of touch or insensitive. It may be best to simply listen. Either way, make sure your friend knows you care.)

> CULTURE

Sometimes, it may seem like your friends, particularly those who don't know Christ, have it all together and don't face difficult things. This is part of living in our selfie-world where everyone likes to put the best parts of their lives on display. However, the truth is we live in a broken world where everyone deals with struggles.

12 Who do you know who's struggling emotionally and doesn't know Jesus?

13 How will you help this friend see that there's healing in Christ?