

When I Am

When
I am...



Week Five: When I Am Sad

Overview

How have your emotions been lately? If you're anything like us, the last few months have seemed like an emotional roller coaster at times. If you haven't struggled emotionally lately, many have. Anxiety, loneliness, anger, sadness, etc. affect many of our friends and family members every day. We know that our emotions come from God, but when we allow our emotions to go unchecked, we can become emotionally unhealthy. In this series, we want to take a look at what emotional health looks like, as defined by who God is. When we're (fill in the blank), what does God do? What does God say about our worries, sadness, anger, and more?

Have you felt sad at any point lately? It's quite likely that you have. If you haven't, it's quite likely that someone you care about has. Sadness has been prevalent for many in this season. This week, we touched on sadness and how to work on identifying our sadness, shifting to recall something positive, and to rewire our thinking to bring God's goodness and presence with us to mind. Paul instructs us to think about things that are true, noble, right, pure, lovely, admirable, and praiseworthy. That can be difficult when things seem so bleak in the world around us. We know however, that God is with us always and can work through our pain to bring restoration. Use this time to name the difficulties, but to recall God's faithfulness and presence with us no matter our circumstances.

Reading and Discussion

1. This week will look a little bit different. Rather than spending most of your time answering questions and discussing, let's spend most of our time in prayer. As we're all wrestling with the emotional weight of this season, we know that sadness might be prevalent. As you begin, ask your group if anyone is struggling with sadness, and ask them to share that sadness if they feel comfortable.
2. Read Psalm 23 together out loud as a group. As you read, encourage your group to listen for one phrase or one word that sticks out to them. After you read, encourage everyone to take a moment to reflect and pray on that word or phrase. Share what word or phrase from the psalm stuck out to you.
3. Read Psalm 23 aloud together, again. After you finish reading, take a moment to pray for those who opened up about their struggle with sadness.

4. Read Psalm 23 together out loud, once more. After reading this time, pray for our city and country who are dealing with the weight of sadness and turmoil during this time.
5. As you close out this evening, spend some time encouraging your group. Perhaps you could ask everyone to share one positive thing that's happening in their lives right now. Encourage them to rest in the truth of Psalm 23, and commit to continuing to encourage one another as a group throughout this season.