

Group Discussion Guide

Emotionally Healthy “Handling Sadness”

- In Psalm 42:11, the psalmist asks himself 'Why, my soul, are you downcast? Why so disturbed within me?' and then declares 'Put your hope in God.' What does it mean to talk to yourself instead of just listening to yourself when you're sad?
 - What negative thoughts or lies do you tend to listen to when you're sad, and what truths about God could you choose to speak to yourself instead?
- Pastor Jared taught that 'the solution for your sadness is found in someone, not something.' Why do we often try to fix our sadness by changing our circumstances instead of turning to God?
 - What 'somethings' have you tried to use to escape sadness in your life, and how might turning to God be different from those temporary fixes?
- How does having an eternal perspective - knowing that 'your past has been forgiven, your future is secure, and you can be grateful in the present' - help us handle seasons of sadness?
 - When you're going through a difficult time, how easy or hard is it for you to remember that this isn't the end of your story? What helps you keep an eternal perspective?
- Pastor Jared shared about childhood experiences (ages 10-14) that can create vows like 'I will never feel that way again,' leading to unhealthy patterns. How can understanding our past help us address the root causes of our sadness?
 - Can you think of any vows or protective walls you might have built because of past hurts? How might God want to heal those areas of your life?
- The story of Horatio Spafford losing his four daughters and writing 'It Is Well With My Soul' shows incredible faith during tragedy. What does it look like practically to believe that 'God will get you through it' when facing deep sadness?

- What current situation in your life requires you to trust that God will get you through it, and what small step of faith could you take this week to demonstrate that trust?