

Feeling My Way Through It - Sadness

Emotions are not:

W___ we are.

They are H___ we try to make sense of who we are.

The often unidentified root of **Fear, Anger, and Control** is **S**_____.

“I don’t love sadness, I just see it as a G___, when most people see it as a W_____.”

God hardwired sadness into the human heart for a reason: W_____.

Is experiencing emotions of H_____ the same as experiencing a life of W_____?

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Phil. 4:6

Giving Thanks is a G___ thing.

Thanksgiving is a G__ Thing.

“I will give thanks to the Lord with my whole heart...” Ps 9:1

Who

How

Sadness

Gift
Weakness

Wholeness

Happiness
Wholeness

Good

God

“Sometimes in this fallen world the best thing we can do is teach our children how to be sad.”
- James K.A. Smith

Jesus himself sets the example for how to L_____ well.

Jesus offers us a picture of W_____ while he was on the earth.

The S_____ part of the Christian story is ALSO the most J_____ part of the Christian story.

Because of the joy/sadness of the cross, we experience overwhelming emotions of:

P_____ = Atonement

F_____ = Reconciliation

F_____ = Real Life in Christ

What Do I Do Now?

Find the right E_____.

Check your C_____.

Come back next W_____.

Lament

Wholeness

Saddest
Joyful

Peace

Forgiveness

Faith

Emotion

Center

Week