

## Dealing with our SADNESS



*We can feel sad about many things. Lockdown, family members who are sick or friends being unkind. We explored today that it is ok to feel sad, and that Jesus himself felt this emotion strongly when his friend Lazarus died.*

“When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. “Where have you laid him?” he asked. “Come and see, Lord,” they replied. Jesus wept.”

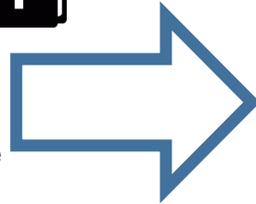
John 11:33-35



“God blesses those people who grieve. They will find comfort!” *Matthew 5:4*

“The Lord is there to rescue all who are discouraged and have given up hope.” *Psalms 34:18*

“He will wipe all tears from their eyes, and there will be no more death, suffering, crying, or pain. These things of the past are gone forever.” *Revelation 21:4*



God walks with us in our sad times. These verses assume we will get sad, and that's ok, but we must remember God is good, and he never lets us down even when times are hard. There is always hope.

Here are some Youtube links you may like to look at.

[King of my Heart](#)

[Unleashed Potential - Rachel Gardner - Spring Harvest 2020](#)

[Steady My Heart](#)



You will need: Pieces of cotton material cut into tear shapes, felt pens, trays or roasting tins filled with water, night lights and matches.

Each person can use as many cloth tears as they want. Onto each tear they write the name of someone who is sad – this could even be you - or circumstances which are causing them sadness. The 'tears' are placed on the water in the trays/roasting tins.

Once all the tears have been placed in, light a night light for each person or circumstance and then float the night lights on their tear on the water.

Have quiet music playing and allow enough space to pray quietly that God's love and light will be reflected into each circumstance.