



Sadness/Joy

Verses: Psalm 34:18, Psalm 30:1-5, John 11:35

Ice Breaker: When do you remember feeling the most joyful?

Discussion

1. What do we think causes us to sadness, especially after Christmas?
2. What are some reasons that Jesus experiences sadness?
3. How do we turn our sadness into joy?
4. As Christians, what are some things we can do to help those who are struggling with sadness?

Bottom Line

We all experience sadness at some point (even Jesus felt sad), but we have a Savior who makes it possible for us to find joy even during the hardest of times.

Next Step

This week, be intentional about doing something nice for someone else. Also, recognize all the things that bring you joy and thank Jesus for them.