



*SIMPLE TRUTH: IT'S OK TO BE SAD*  
*MATTHEW 26:36-38*

1. God feels a full range of emotions, including sadness.
  - A. "Do not grieve the Holy Spirit." (Ephesians 4:30)
    1. Grieve = deep emotional pain/sadness.
  - B. "The Spirit intercedes for us with inexpressible groanings." (Romans 8:26)
    1. Groanings = an expression of emotional pain.
  - C. As humans made in God's image, we feel and express sadness too.
2. Sadness is caused by loss.
  - A. Loss of a person or health or a dream.
  - B. Sadness is a normal human emotion.
  - C. There is a difference between sadness and depression.
3. The benefits of sadness.
  - A. Every loss is an opportunity to teach and learn.
    1. Teach/learn the appropriate response to loss.
    2. Teach/learn to search your heart and mind for core beliefs about God.
    3. Teach/learn to ask for help.
    4. Teach/learn to accept feelings as a gift, not a curse.
4. Jesus' example: (Matthew 26:36-38)
  - A. Stay near your community. (v. 36)
  - B. Have a few trusted people with whom you can be vulnerable. (v. 37)
  - C. Be honest and tell people what you need. (v. 38)