

“Sadness”

Bottled Up Series

Discussion Questions

- **Ice Breaker:**
 - Social scientists have identified four primary drives of human happiness:
 - Do you have family you love and who loves you?
 - Do you have friends that you trust and can confide in?
 - Do you have work that matters— a calling that benefits your neighbors?
 - Do you have a worldview that makes sense of suffering?
 - Which of the four contribute most to your happiness? Which of the four cause sadness in your life?
- The *Bottled Up* series was intended to address the emotions that trouble us most. Which sermon has been most impactful for you personally? (fear, anger, shame, sadness?)
- **Read Jeremiah 20:7-18 as a group. Consider having different people read 2-3 verses at a time.**
 - What emotions are on display in this song of lament?
 - What is the lowest point emotionally for Jeremiah in this passage?
- **Sadness will defeat you if you believe God is against you.**
 - Have you ever felt like God was against you? (*Note Jer 20:7-9*)
 - How did you express that emotion? To God? To others?
- **Sadness will defeat you if you believe you’re all alone.**
 - Has a sense of rejection caused a season of sadness in your life? (*Note Jer 20:10*)
 - How has loneliness or strong community shaped your emotional world?
- **Describe how Jesus can relate to your sadness.**
 - Give examples of the sadness or rejection Jesus felt in the gospels.
- **Application & Reflection**
 - What does it look like for you to run to God with your sadness not from him because of it?
 - In Honest Prayer
 - In Heartfelt Worship
 - In Helpful Community
 - How can we as a small group be there for you when you are sad?
 - What does it look like to be a companion, not a fixer?