



FROM THE BIBLE
1 Kings 18:38-39 (NLT)
Romans 12:15 (NLT)
1 Thessalonians 5:16-18 (NLT)
1 Kings 19:3-4 (NLT)
1 Kings 19:7b (NLT)
1 Kings 19:13b (NLT)

MESSAGE TO CONVERSATION GUIDE

Week 4 | Sadness

1. In this message, Joel talked about the 3 most popular emojis people send. Here they are 😂 😭 😍. So, to break the ice, do you use emojis when you text or on social media? If so, what are some of your favs?
2. We've covered anger, love, & fear in this series. This message was about sadness. Joel said, a lot of times we think *sad is bad*. How can sadness be good? How can sadness go bad?
3. Read 1 Kings 18:38-39. This is a peek into the prophet Elijahs best day. It was a day where he showed the Israelites that God was more powerful than Baal. He also prayed for it to rain & after a 3 year drought it rained. It was a good day. What would a perfect day look like for you?
4. Life is full of ups & downs. Our 1st point was to *Remember The Highs*. Do you have a tendency to focus on the current lows or reflect on past highs? Why is remembering the highs important?
5. Read 1 Thessalonians 5:16-18. Discuss the difference between being *thankful for all circumstances* & being *thankful in all circumstances*?
6. Joel said, *it's not happy people who are grateful, it's grateful people who are happy*. What do you think that means & do you find that to be true?
7. Our 2nd point was to *Manage Our Lows*. Read 1 Kings 19:3-4. After Elijahs best day, he had his worst day because King Ahabs wife wanted him killed for showing God was more powerful than Baal. What are some things he did/said that we do when we're sad?
8. Why do you think isolation is tempting in sadness? Why do you think relationship is healing in sadness?
9. Read 1 Kings 19:7 & focus on God's words to Elijah where He said, *the journey ahead*. How important is it to remember there's purpose ahead when we're sad?

FROM THE BIBLE

1 Kings 18:38-39 (NLT)

Romans 12:15 (NLT)

1 Thessalonians 5:16-18 (NLT)

1 Kings 19:3-4 (NLT)

1 Kings 19:7b (NLT)

1 Kings 19:13b (NLT)

10. After Elijah's worst day, he rediscovered his purpose and his greatest accomplishment came next when he trained the greatest Old Testament prophet of all time, Elisha. What lessons can we learn from Elijah's story and your past experience with sadness about *Reconnecting To Your Future Purpose*?