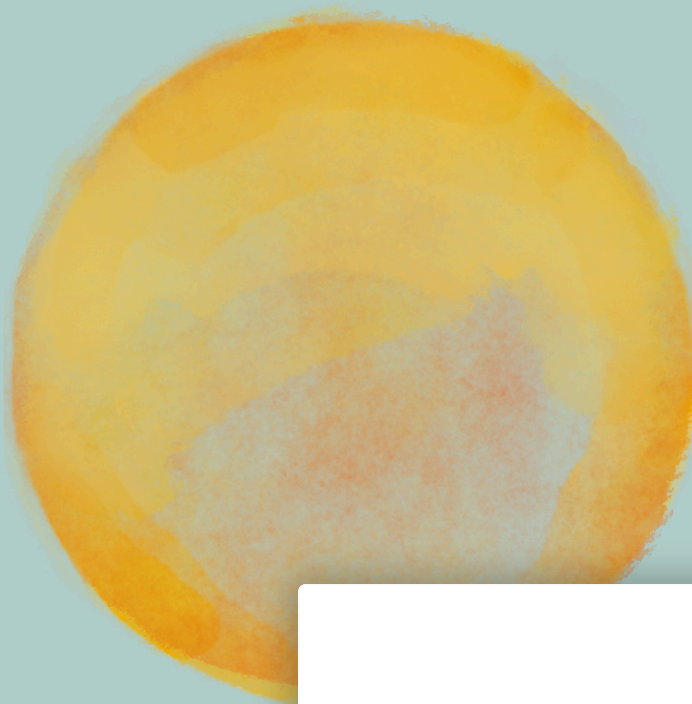


# How to Spend a Day with Jesus



## *Sad Day*

**Jesus will weep  
with you.**

### SERIES SUMMARY

We all long to walk more closely with Jesus.

But what does that look like on an ordinary Tuesday? Or the Thursday after sad news? Or a Saturday when you've got something to celebrate?

This highly practical series will explore ways to spend all our days in meaningful relationship with Jesus.

Let's explore spiritual habits and real-life rhythms that fit the ups and downs of everyday life.

### ICEBREAKER

Tell about a time when a movie, book or song made you tear up?

### SCRIPTURE

#### **Psalm 42:3 ESV**

My tears have been my food day and night, while they say to me all the day long, "Where is your God?"



## LEARNING FROM HIS STORY

1. How is it that Psalms of Lament manage to express both pain *and* faith at the same time?
2. What makes the biblical pattern of lament (complaint, request, trust) more productive than the ways we tend to respond to sadness?
3. What do you think it means for God to be present — even when He is not emotionally or experientially felt?

## EXAMINING OUR OWN STORY

4. Can you share anything about a “dark night of the soul” when God seemed absent from you? What did you learn from that season?
5. Can you share about a time when sorrow or grief led to growth?
6. In what way is it helpful for you to think of sorrow as productive, or that suffering is never for nothing?

## WRITING A NEW STORY

7. What’s ok and what’s not ok, helpful and not helpful, when it comes to our possible responses to pain and sorrow?
8. What do you think our society gets right and wrong about grief?
9. If seasons of sorrow and dryness can shape us spiritually... how might that change the way we support one another in times of grief and struggle?

## TAKING TIME TO PRAY

Jesus, you are no stranger to our pain, and you weep with those who weep. We trust your promise: Blessed are those who mourn, for they shall be comforted. Amen.

