

TAKE HOME SHEET



Series: All the Feels
Message: Sad
Speaker: Rusty Coram
Date: June 30/July 1, 2018

One of my favorite teachers has said that **“being a Christian means not having to pretend about anything”**. Sadness is a normal and healthy response to disappointment, hurt and loss. Sadness is not healthy when it leads us away from trusting God. Take some time to read the following from the Bible, and as you do look for what God offers both as a comfort in dealing with sadness and in coming alongside others who are.

²⁰ I will never forget this awful time, as I grieve over my loss. ²¹ Yet I still dare to hope when I remember this: ²² The faithful love of the LORD never ends! His mercies never cease. ²³ Great is his faithfulness; his mercies begin afresh each morning.

Lamentations 3:20-23 (NLT)

For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.

Romans 15:4 (NIV)

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

Psalms 56:8 (NLT)

¹⁷ The LORD hears his people when they call to him for help. He rescues them from all their troubles. ¹⁸ The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.

Psalms 34:17-18 (NLT)

³¹ If God is for us, who can ever be against us? ³² Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? ³⁵ Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ³⁸ And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. ³⁹ No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Romans 8:31-39 (NLT) selected

So the LORD must wait for you to come to him so he can show you his love and compassion. For the LORD is a faithful God. Blessed are those who wait for his help.

Isaiah 30:18 (NLT)

MESSAGE NOTES



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There are two extremes we need to avoid regarding our feelings...

- ...being driven by them or
- ...denying them.

Followers of Jesus have two amazing resources to help:

God's Word – gives us instruction and perspective.

God's Spirit – gives us His presence and power.

Sadness is a healthy feeling to have in a broken world.

Jesus shows us the way to navigate through grief and sadness.

¹ A man named Lazarus was sick. He lived in Bethany with his sisters, Mary and Martha. ² This is the Mary who later poured the expensive perfume on the Lord's feet and wiped them with her hair. Her brother, Lazarus, was sick. ³ So the two sisters sent a message to Jesus telling him, "Lord, your dear friend is very sick." ⁴ But when Jesus heard about it he said, "Lazarus's sickness will not end in death. No, it happened for the glory of God so that the Son of God will receive glory from this." ⁵ So although Jesus loved Martha, Mary, and Lazarus, ⁶ he stayed where he was for the next two days. ⁷ Finally, he said to his disciples, "Let's go back to Judea".

John 11:1-7 (NLT)

Embracing sadness opens the door to us genuinely connecting with God and others.

³ All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

2 Corinthians 1:3-4 (NLT)

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BIBLE TRANSLATIONS:

NLT – New Living Translation