

TEARS FOR FOOD

Psalms 42:3–8 – Day and night I have only tears for food, while my enemies continually taunt me, saying, “Where is this God of yours?” My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God! Now I am deeply discouraged, but I will remember you—even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. I hear the tumult of the raging seas as your waves and surging tides sweep over me. But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life.

The truth about sadness:

1. Sadness is a normal part of life.

- Sadness over losing someone

John 11:35–36 – Then Jesus wept. The people who were standing nearby said, “See how much he loved him!”

- Sadness over the suffering of others

Job 30:25 – Did I not weep for those in trouble? Was I not deeply grieved for the needy?

- Sadness over the brokenness of the world

Psalms 119:136 – Rivers of tears gush from my eyes because people disobey your instructions.

- Sadness over the sin in our own life

Psalms 51:3–4a – For I recognize my rebellion; it haunts me day and night. Against you, and you alone, have I sinned; I have done what is evil in your sight.

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2. Sadness is a temporary part of life.

Psalm 30:5b – Weeping may last through the night, but joy comes with the morning.

Revelation 21:4–5a – He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.” And the one sitting on the throne said, “Look, I am making everything new!”

3. Sadness brings us closer to the presence of God.

Psalm 34:18 – The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.

Coming soon:

1. **Connect:** Use the QR code to connect with DRC and to sign up for text updates.
2. **Life Groups Highlight:** This week we are highlighting two Life Groups. If you're college-aged, join us on Mondays at 6:30 pm in the DRC Student Center for DRYA. Our 30s Life Group meets on Tuesdays at 6:00 pm in the Ringgold area. Don't do life alone. Use the QR code to find all the details and connect to a group today.
3. **Sharing Jesus Without Fear:** One of the hardest and scariest things to do is to talk to someone about Jesus. How do we start the conversation and share Jesus without fear? If you're looking to gain more confidence in this area, join us on Friday, September 11, at 6:30 pm. Childcare is available.
4. **5th Sunday at DRC:** Join us next Sunday, August 30, for our family service. Every 5th Sunday we gather with everyone to worship and celebrate. The nursery will still be open both services.

