



## Sermon Notes / Outline

February 8, 2026

### BUCKLE UP, Week 5 YOU ARE NOT ALONE

**Empathy:** The action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experiences of another.

*“Rejoice with those who rejoice; mourn with those who mourn.”*  
Romans 12:15 (NIV)

**Mourn:** To feel or express sorrow or grief. To grieve for the dead.

#### HOW TO MOURN WITH OTHERS

1. \_\_\_\_\_ with them.

*“Jesus wept.”* John 11:35 (NIV)

2. Be \_\_\_\_\_

*“When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.”*  
Job 2:12-13 (NIV)

3. Express \_\_\_\_\_

4. Remember \_\_\_\_\_ when you were mourning.

*"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." 2 Corinthians 1:3-4 (NIV)*

5. \_\_\_\_\_
6. Be \_\_\_\_\_
7. \_\_\_\_\_ for them
8. Be \_\_\_\_\_
9. Share \_\_\_\_\_

#### HOW NOT TO MOURN WITH OTHERS

1. Don't use \_\_\_\_\_
2. Don't try to be an \_\_\_\_\_
3. Don't pretend to be \_\_\_\_\_ than you are
4. Don't make it about \_\_\_\_\_

#### HOW TO REJOICE WITH OTHERS

1. Be \_\_\_\_\_
2. \_\_\_\_\_ your rejoicing
3. \_\_\_\_\_ their story
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_ with them

*"If one part is honored, every part rejoices with it." 1 Corinthians 12:26b (NIV)*

7. \_\_\_\_\_ for them
8. Ask God to help you overcome I \_\_\_\_\_ and \_\_\_\_\_

*"Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other." Galatians 5:24-26 (NIV)*

9. Set aside c \_\_\_\_\_ and \_\_\_\_\_
10. Have an \_\_\_\_\_ mentality

*"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us." Ephesians 3:20 (NIV)*

*"Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another." Romans 12:15-16 (NIV)*

When you live in harmony, rejoicing and mourning comes \_\_\_\_\_  
Principle: \_\_\_\_\_ creates \_\_\_\_\_