

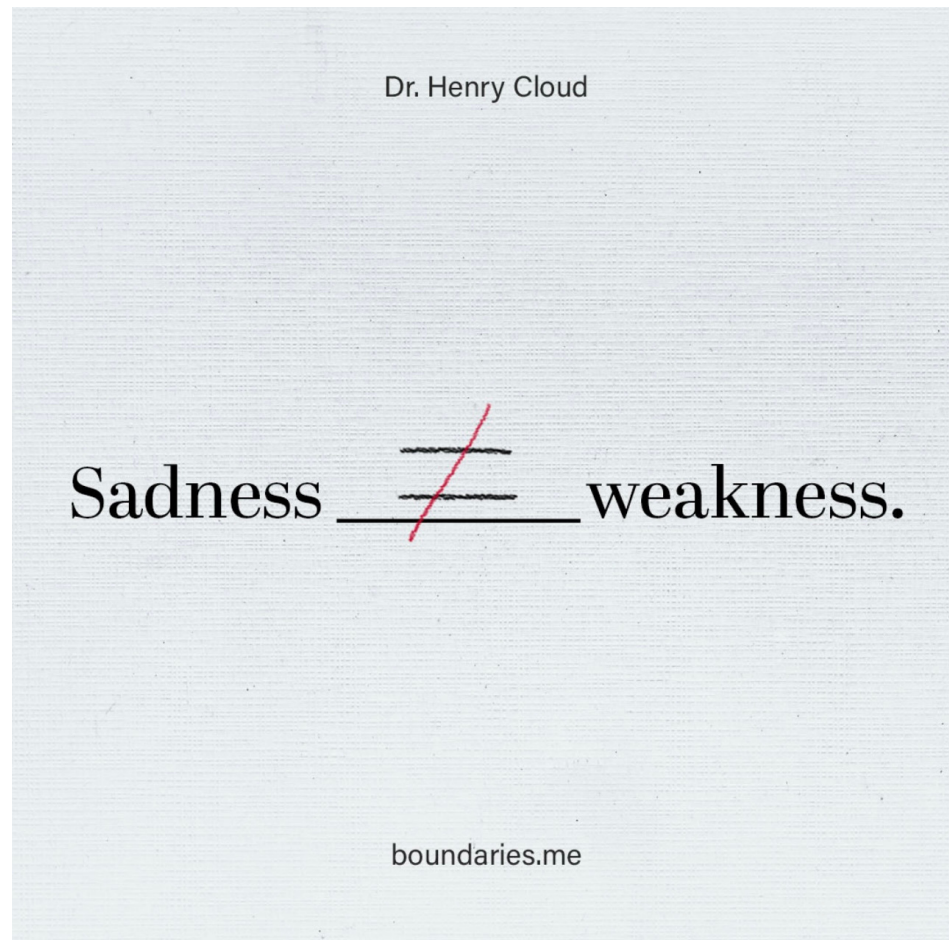
EMOTIONS

DEALING WITH HOW YOU FEEL

Pastor Gabrielle Huber

April 14, 2024

Sadness



Sadness is a _____ emotion, meaning, it is innate and shared by _____ across cultures.

“Sadness does not equal weakness; rather, _____ sadness leads to _____.” - Dr. Henry Cloud

“My grace is sufficient for you, for My strength is made perfect in weakness.” **2 Corinthians 12:9-10 NKJV**

Blessed are those who mourn, for they shall be comforted.
Matthew 5:4 ESV

The LORD is close to the brokenhearted; He rescues those whose spirits are crushed. **Psalms 34:18 NLT**

Jesus wept. **John 11:35 ESV**

“...He hath sent Me to heal the brokenhearted...”

Luke 4:18 KJV

Then Jesus said, “Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest.

Matthew 11:28 NLT

Next Steps:

How did you feel today when reflecting on the topic of sadness?

Have you bought into the *lie* that sadness equals weakness? Towards yourself? Towards others? How might your perspective need to change today?

“The Lord is near to the brokenhearted.” Psalm 34:18
If you are in a season of sadness or need to process some past or present emotions, what is something you can start doing today to move towards healing in the Lord?

(i.e., receive prayer, talk to someone, seek counseling, create healthier lifestyle habits, memorize the above verse, etc.)

If you desire additional counseling, the following options may be of help to you:

Focus on the Family Counseling Department:

1-855-HELP (4357) or visit their website @
focusonthefamily.com/counseling

Betterhelp.com