



## Session 4—Sadness to Joy

### *Icebreaker*

What is the saddest movie you have ever seen?

Watch Session 4 of MOOOOD

1. What did you think of Nancy's story? Can you relate in any way?
2. What is the biggest loss you have experienced? How did it change you?

Read Psalm 23

### **A Psalm of David**

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord Forever.

3. What stands out to you most in this Psalm?

4. What is an example of God's truth you can tell yourself in hard times?

5. Jesus is close to the brokenhearted. How can you invite Jesus into your sadness/heartbreak?

6. What is a group that you trust that you are a part of to share your sadness?

**Action step:** Reach out to become involved in a group/community this week if you are not already a part of a group.



**Do you know someone who has experienced a difficult loss recently that could benefit from this series? Invite them to church this week!**

## ***Prayer***

Which of the 4 emotions we've talked about in this series have you been struggling with the most recently: Hurt, Anger, Anxiety or Sadness? Write the name of that emotion on this handout or a piece of paper and pass it to the person on your right. Go around in a circle and pray for the person who handed you their paper. You can use the prayer below, or pray your own prayer:

"God, please give \_\_\_\_\_ strength, peace, and comfort as they are struggling with the emotion of \_\_\_\_\_. Amen."

**Don't forget:** Watch our Daily Story videos and listen to people from The Jar studying scripture and talking about the different emotions we experience. Scan this QR code to access the story videos:

