

LIFT UP YOUR SORROWS

IN THE MEANTIME – PART 5

START TALKING. WITH AN ICEBREAKER QUESTION:

- You can find some on page 6 [here](#).
- What is something from history that makes you sad to think about?

START THINKING. ASK THE QUESTIONS THAT WILL GET YOUR GROUP THINKING.

- Why do you think we as a culture try to hide sadness?
- How do you think the American Church, whose Savior is “a man of sorrows, and acquainted with grief,” got so far away from sadness as being acceptable?
- Laments are to have a structure that ends with a resolve. How does our culture normally end their “laments?”

Matthew 5:4 (NIV)

Blessed are those who mourn, for they will be comforted.

Mark 14:33-34 (NIV)

He took Peter, James and John along with him, and he began to be deeply distressed and troubled. “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.”

START SHARING. CHOOSE THE QUESTIONS THAT WILL CREATE OPENNESS.

- Read the verses above. How does Jesus’ sorrow comfort you? Threaten you?
- Are you more a “stuffer” or a “spreader” of your sorrow and sadness?
- What do you think it is supposed to look like to “lift up your sufferings?”
- Mark challenged people to “lift up your sorrows at the altar.” Do you think people did that? What did you think about the altar time this week?

START PRAYING. BE BOLD, AND PRAY WITH POWER.

- Jesus, remind me that sadness is not sinful, and does not mean that I am defeated. Help me grasp the levels of sorrow that You endured, a “fellowship of sharing in your sufferings.” Amen.

START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- What you see someone in sorrow this week, verbally reject thinking poorly about them.