

Welcome

Look back on the series; which of the 5 emotions covered has impacted you the most and why? What are 1 or 2 "learnings" you will try to take with you from this series?

Word

This week the emotion is 'sadness'

Describe to everyone the sadness continuum drawn on Sunday.

- Why is this such a helpful way of looking at this subject?
- Why do you think this is such a growing issue in our world today?
- The phrase used on Sunday, 'the womb became a tomb' describes how a place of life can become, or appear to be, a place of death.
- What kind of issues could be examples of this?
- How can our sadness result in something positive for us and/or for others?
- How can we help others in their sadness?
- What are some of the ways we can be less than helpful for others?
- Take a look at these verses and discuss....

2 Corinthians 1 v. 4

Romans 12 v. 15

Exodus 17 v. 12

Galatians 6 v. 2

God is a god of the reversal - 'the tomb became a womb'

Read the story used on Sunday from 1 Samuel 1 v. 1-20

- What impacts you from this story?
- What did Hannah do in her sadness?
- What have been your experiences of doing these things or other things during low times?

Finish by reading Psalm 30 v. 5.

Does anyone feel they are in a 'long night' right now?

Gather round them and pray for them, that in their night they will reach for light!

That they will know they are not alone and that they will have hope....joy comes in the morning!!