

Introduction:

1. Turn on any news channel and we are bombarded with tragedy and sadness. Why do people continue to turn on the news each day? Do you think we have become immune to tragedy and sadness? Explain.
2. What were some things this past week that caused sadness in your life?

Understanding:

3. Read verses 2-3. Why would Solomon say: It is better to go to a house of mourning than to go to a house of feasting? And, frustration is better than laughter, because a sad face is good for the heart?
4. Read James 4:9-10 and Matthew 5:4. In our sadness, what does God promise us in these scriptures?
5. Pastor Dave talked about protecting his children from sadness by cheering them up. What are some other ways we try to “protect” our family, friends, and/or people from sadness?
6. Read verse 6. Why do people use humor and laughter to avoid the serious stuff in life? How can sorrow do more good for the heart than laughter can?
7. Pastor Dave defined Wistfulness as when you long for the good old days. How or when are you wistful? In what way is being wistful wrong?
8. Read verse 14. Solomon states that God has made both good times and bad times. How does this challenge people who are new or old to the faith?
9. Read Romans 8:28. How do you defend that scripture when people do terrible or evil things?
10. What do you think God wants you to learn and grow in from the sadness in your life?

Application:

11. Believe that the God who turned the death of Jesus into resurrection can turn your darkest things into good. When you believe that, something happens to your sadness. The sadness doesn't get taken away! But your sadness gets injected with hope!
12. Pray that you can embrace your sadness and that it gets injected with hope!