

Emotions part 4 Sadness

Definition: A strong emotional response to separation

1. God allows sadness for our spiritual growth.
 - a. When I get myself separated from God's way.
 - b. When I get separated from my purpose and meaning.
 - c. When I am separated from important relationships.
2. We wallow in sadness when we do not trust in God's plan.
 - a. We wallow because we lack Hope.
 - b. We wallow because we lack Discipline.
 - c. We wallow because we lack Discernment.
3. God has provided a pathway through sadness to Joy.
 - a. I turn from my sin and embrace God's forgiveness.
 - b. I begin to move toward God relationally.
 - c. I will trust in God's plan.