

Getting Started

1. Why is it such a struggle to share our sadness, grief or depression with others?
2. Do you struggle with grief or depression? How can we pray for you?
3. What insight, principle, or observation from this weekend's sermon did you find to be most helpful, eye-opening, or troubling? Explain.

Digging Deeper

4. Psalm 1 and Colossians 3:16 both exhort us to have God's Word in our heart (memorize scripture). Do you do that? Does it help you in your times of sadness?
5. Read John 10:10. What does an abundant life in Jesus mean? What does it look like?
6. When we are sad, the Psalms are great to read because they talk about sadness and distress, but they also talk about hope. Psalm 4 is a particularly good psalm for those going through a difficult time. What stands out to you in this psalm?

Application

7. At times sadness, grief or depression can be overwhelming. Go to the Lord in prayer. Talk to others about what you're going through and struggling with. Trust in the Lord and ask him for strength.

Further Exploration

Canons of Dort V, Article 33
Heidelberg Catechism Q&A 26

Ross Community Reformed Church

Pastor Shawn Gerbers · January 13, 2018

How Are You?

“The Struggle is Real”

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Isaiah 41:10

- **When I am sad, I must** _____.
- **When I am sad, I need to let** _____ _____.
- **Know that God is** _____ _____ **and he will**
_____ **you.**

Topics: Sadness, grief, depression, strength