

Questions, Lies and Truth
Sadness & Anger

Are you experiencing anger and sadness right now? How do you process those feelings?

What is anger? _____

Where does your anger most often come from?

What is sadness? _____

Where does your sadness most often come from?

What two lies do we believe in our response to anger and sadness?

- 1.
- 2.

Which response and/or do you lean towards? Why?

What does the Bible say about anger?

What is "God Honoring" anger?

- 1.
- 2.
- 3.

What is "Me Centered" anger?

- 1.
- 2.
- 3.

What does the Bible say about sadness?

What was Jesus's response to sadness?

What does Matthew 5:4 promise to those who experience sadness?

What does Biblical sadness look like?

- 1.
- 2.

What does Worldly Sadness look like?

- 1.
- 2.

"To avoid this label, we often hide our sadness behind a facade of false strength or deny it to those with whom we have relationship. We equate sadness with weakness, lack of dependability, or even faithlessness." (Chip Dodd)

How should we interact with our anger and sadness?

- 1.
- 2.
- 3.

"Everything sad is going to come untrue and it will somehow be greater for having once been lost and broken." (Tim Keller)

"He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." (Revelation 21:4)