

September 1,2 2018

“Sadness”

John 11:33-35

Message by Jeff Brown

Worship led by Laura Scharer

Music:

Good Good Father	Here Is Love	King Of My Heart
Forever Reign	Here's My Heart	

Sermon:

Sadness is an unacceptable emotion.

Sadness is an unchristian emotion.

“In the Protestant West today, smiling has become a moral imperative. The smile is regarded as the objective externalization of a well-ordered life. Sadness is moral failure.”

Ben Myers

“When Jesus saw her [Mary] weeping and saw the other people wailing with her, a deep anger welled up within him, and he was deeply troubled. ‘Where have you put him?’ he asked them. They told him, ‘Lord, come and see.’ Then Jesus wept.”

John 11:33-35

Resist the urge to numb.

Start a grief journal.

Let the people around you feel sad.

“We cannot selectively numb emotions. When we numb the painful emotions, we also numb the positive ones. When we numb the dark, we numb the light.”

Brene Brown

“Sorrow is better than laughter,
for sadness has a refining influence on us.”

Ecclesiastes 7:3