

Emotions

Getting a Grip on Your Heart & Mind

desert breeze
community church



Saturday & Sunday, June 7/8, 2018 Scott Fameli

“Good Grief – Sadness and Depression” Psalm 42/43

Thesis Statement: We are emotional beings created in the image of an emotional God. There are no bad emotions, but because of the fall there are emotions gone bad.

1. The experiences that shape us throughout our life story will **heavily influence** the perspective we take into seasons of suffering. If we hope to **suffer well**, it is necessary to purify and guard our hearts as life goes on.

2. The symptomatic roots of sadness and depression are both **physical** and **spiritual**. Our **whole person** is fed by our physical and spiritual root system.

SYMPTOMS OF THE PHYSICAL & SPIRITUAL ROOTS:

Physical: There are several physical imbalances that can negatively affect the enjoyment of our **wholeness**. Emotional red flags can show themselves in the form of physical **abnormalities**.

Spiritual: Two spiritual roots of depression are **hopelessness and forgetfulness**.

- Hopelessness comes from our internal perspective of our external circumstances. (42:2-7, 2Cor 10:3-5)
- Forgetfulness is the intellectual struggles of being absent-minded, inattentive or unmindful.

3. Battling to regenerate our spiritual root system involves **fighting** against the things that cause our spirit to degenerate, and **giving** ourselves to things that help us to spiritually regenerate. (John 8:12, 2Cor 4:6, Eph 3:13-19)

THE GOOD GRIEF BATTLE PLAN:

BE TEACHABLE: Learn, absorb, think, act

- Learn the **process** of grief and never try to fight **alone**.
- Learn to be counter intuitive to **unstable** emotional responses. (42:4-6, 8, 11, 43:3-5)
- Do not allow your **circumstances** to rewrite the truth about the living God, **your salvation**.
- Fight to **remember** what you already know about God and learn it **again**. (42:4,5,11, 43:2-5)
- Allow God to **wean you off** of comfort, safety, knowing the future, worldly abundance and human dependence. (v7-10, 2Cor 4:16-18)

EMBRACE REALITY: External circumstances and countenance, Internal effect, necessary battle

- Be willing to allow your feelings to **speak** even if your beliefs are contrary to them.
- Identify what your soul is **panting** for. Reconcilable or irreconcilable?
- Be brave enough to ask **why**. Embrace the truth of reality whether it is comforting or not.

PRACTICE GOOD GRIEF: understand the process, comfort others, sowing and reaping, discipleship

- Affirm God's **sovereignty** and His **unfailing** love for you. (v7&8)
- **Guide** your perspective by the renewing of your mind. (42:4)
Discipleship = LIFE groups, devotions, prayer, praise music, church
- **Preach** to your own soul. Stop listening to yourself and begin talking to yourself.
- Sing a prayer **of life** to God. (v8)
- Above **relief** from your circumstances, pant for the God of your salvation. (v2)

GROWING NOTES:

How we learn to suffer is greatly influenced by what and how we have suffered in the past. Your story is worth sharing. In the context of sadness, depression and suffering, carefully compare Ecclesiastes 7:2-3 and Proverbs 15:13-14. These are not conflicting scriptures. Discuss how our emotions are both voluntary and involuntary in light of what these scriptures say.

Keeping in mind there are both physical and spiritual roots associated with our sadness and depression, read Psalm 42 and 43 and discuss what stands out to you. Reviewing the sermon lesson, how are these Psalms of instruction as opposed to just the sad commentary of a man suffering and being taunted by his enemies?

Using the sermon notes, discuss whether or not you have a “Good Grief Battle Plan”. Specifically discuss the battles associated with BEING TEACHABLE, EMBRACING REALITY and PRACTICING GOOD GRIEF. Take time to share with one another things you may be sad or depressed about or that you are suffering or grieving over. Pause for some quiet time and fashion prayers for one another using the Good Grief Battle Plan model.