



Heart Wrenching Sadness – Pastor Steve Huffman
March 11 & 12, 2023

1. Do you experience the “Sunday Scaries” or Sunday blues? How does it affect your week?
2. Read Isaiah 41:10 & Psalm 34:18 What comfort do you draw from these scriptures?
3. How do you typically handle or process sadness? What are some healthy ways to process deep sadness: either alone or with others?
4. Read Matthew 26:36-46 How did Jesus process his deep sadness in the Garden of Gethsemane? How did Jesus' posture (face down on the ground) contribute to His prayer?
5. Share a time that you faced a difficult moment and pushed through with God's help. What was the result and how did that build your faith?
6. Read Philippians 3:13 & Psalm 23:4 What promises can you gain from these two verses?
7. Pastor Steve shared, “God's best often comes when we continue the journey.” What comfort do you gain from that statement and what steps will you take to walk out or walk through what God has for you this next week?