



The Context Jesus' good friend Lazarus was sick and about to die, Jesus wanted to demonstrate his power over death so instead of immediately going to Lazarus and healing him, he waited until Lazarus died. He then went to his home and raised Lazarus from the dead **but first** he had this interaction with Lazarus's sisters and

friends.

John 11:32-36 When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died."

When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" he asked. "Come and see, Lord," they replied. Jesus wept...

ICEBREAKER

Talk about a movie, song or book that brought you to tears or evokes strong emotion.

CONVERSATION STARTERS (Pick just one or two, don't try to do them all)

1. Karla talked about visualizing your emotions pie chart right now. What are your emotional percentages over the past few weeks?
2. Can you relate to the statement, "It is better to think than to feel"? If you are more of a "feeler type person" how do you relate to people who think it is better to think than to feel.
 - a. What life events have led you to be more of a thinker or a feeler?
3. How was the emotion of sadness handled in your family of origin? Can you remember a time your mom or dad was sad? How did you react? Were your sad times recognized and allowed? How?
4. How do you recognize and invite sadness in for a second or an hour? What keeps you from doing so?
5. What could help you talk about your feelings of sadness with another person or with God?

6. Look at the feelings/Emotions Wheel below. (Drag the corners to enlarge)



- a. Have the group pick two positive emotions. Take turns telling about a time you experienced one of the positive emotions.
- b. Have someone in the group pick two more difficult emotions and take turns telling about a time you experienced one of the more difficult emotions.

7. What big world or nation sized sadness do you think more Christians should recognize? Do you believe the lack of awareness of this suffering or injustice contributes to the continuation of the problem?

FOR PARENTS

1. Thinking about your children, would you say they are more “thinkers” or “feelers”?
2. How do you know when sadness in your children is an opportunity for you to help them learn something about who they are and how God wants to meet them in their feelings? OR When it is time to be quiet and just be present for your child? How did you figure this out? If you don't know, how will you take steps to figure it out?
3. When you make a mistake with your children's feelings, what do you do? Why do you think this part of parenting is so challenging?
4. What do you wish your children knew about your perspective on their feelings?
5. How do you decide when to let your children see your processing of the feeling of sadness? Why does it matter?

