

Series: The Feelings of Christmas

Title: The Feelings of Christmas: ANGER

Text: JOHN 11:1-44 & Various

Breaking the Ice:

OPTION # 1 – What (if anything) makes you feel sad around Christmas?

OPTION # 2 – When is the last time you cried? What brought a tear to your eyes?

Discussion/Study:

1. Read Isaiah 53:3-4 – Isaiah foretold what we see in the life of Jesus, that the Messiah would be “a man of sorrows and acquainted with grief... [who] surely has borne our griefs and carried our sorrows.” In the New Testament we see Jesus grieved at the death of his friend (Lazarus), the hard-heartedness of the Pharisees (Mark 3:5), at unwillingness of Jerusalem to listen to the prophets God sent her (Luke 19:41-42) and in Garden of Gethsemane as he contemplated the cross (Hebrews 5:7; Mark 14:32-35). What stands out to you about the things that made Jesus sad? How are they similar or different to the things that make you sad?
2. Michael walked through seven lies that we often believe about sadness that the life of Jesus dispels. Which of the lies do you believe you are most tempted to believe and why?

LIE # 1 – Sadness is faithlessness – i.e., we wouldn't feel sad if we had better theology, had more faith, or had more hope in God.

LIE # 2 – Sadness is mistake/sin for which we need to apologize.

LIE # 3 – Sadness is weakness – i.e., don't let them see you sweat, or CRY!

LIE # 4 – Sadness shouldn't linger – i.e., “just get over it and move on!”

LIE # 5 – We should numb our sadness – medication, additions, shopping, food, etc.

LIE # 6 – We should hide our sadness – i.e., it's ok to be sad in private, but dry it up and put on a smile in public.

LIE # 7 – We should ALWAYS & ONLY be sad – The opposite end of the spectrum from lies 1-6, is that we are purely sad all the time. [1 Thessalonians 4:13]

3. READ Revelation 21:1-7 – The Bible tells us that the resurrected Lord will “wipe every tear from our eyes.” What is personally meaningful to you about this promise. What does it mean to you that followers of Christ will one day live in a world without tears?
4. READ Romans 12:15 – Paul tells us to “[15] Rejoice with those who rejoice, weep with those who weep.” What does it look like to be a person who embodies both of these characteristics? Is it really possible to do both? How do you see both in the life of Jesus?
5. READ Romans 12:15 – Using the illustration of the movie, *Inside Out*, Michael pointed out that sadness is actually intended to be experienced, lived out, and comforted in community. How have you personally experienced this, whether as a person who was sad, or as someone who came along others who were sad?
6. READ Hebrews 2:17 – What does it mean to you that Jesus can empathize with you in your sadness?
7. Because sadness is a reflection of the misery of sin’s impact upon the world, and it is “not the way things are supposed to be”, we have a hard time knowing how to express our sadness and end up trying to “numb” it instead. Some use drugs or alcohol, some use food, some use “retail therapy.” In what ways have you tried to numb your own sadness in life? How does Jesus’ approach to our sadness differ from these other “numbing” strategies?