

Take Heart

March 12, 2023 | Reggie Roberson

WARM UP QUESTION: When was the last time you had to deal with sadness? What circumstance led you toward sadness?

READ: Psalm 43:1-5

FOCUS: Even in sadness, we can take heart because God is with us. He offers us hope, joy and transformation.

OBSERVE:

- Sadness can affect anyone at any time. Whatever the reason for sadness, it is important to recognize that it can also be linked with the strategy of the enemy of our souls. God is never the author of sorrow except when He is making us aware of our sin, and even that sorrow leads to repentance, forgiveness and then peace and joy.
- When we find ourselves in a place of continuous sorrow or sadness, we know the Lord still loves and cares for us. It is not a sin to feel sad. There are ways to overcome this particular battle with sadness as we focus on God's promise to never leave us or forsake us and Jesus has already overcome the world.
- We must, first of all, admit how we feel. Secondly, we must realize God understands how we feel and empathizes with us. Sometimes the sadness can morph into a heavy weight that threatens to overwhelm us. With God's help, we will have to learn to process our emotions.
- Allowing people into our space can provide powerful relief and help when we are sad. They can be there to listen, to provide companionship, and understanding, especially when they may have experienced similar things. Praising God consistently has a wonderful way of changing our mood and perspective on life.

TAKING ACTION:

- Make a plan. Decide who will walk with you as you demolish arguments and every pretension that sets itself up against the knowledge of God, and take captive every thought to make it obedient to Christ. Reach out to that accountability partner and begin applying God's word to your situation.

REFLECT:

- In what way are we allowing our emotions of sadness and heaviness of heart to control our lives? Is it possible to rise above this control? How will you rely on God in this process?

PRAY: *Lord, please give me beauty for ashes, the oil of joy for mourning, and the garment of praise for the spirit of heaviness just like You promised in Your word. In Jesus' name, we pray. Amen!*

