



Overwhelmed Week Two : Sadness

The Big Idea

God is good... even when life doesn't feel good.

Key Verse

Romans 8:28 "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."

Start Talking

Did anyone in the group feel less stressed this last week?
Did anything stand out to you in the message? Something new you haven't heard?

Start Thinking

What do you think are some of the main reasons people are sad in our world?
What do you think most people use to fight their sadness?

Start Sharing

During what seasons in your life did you struggle with sadness?
Have you ever had reservations to admit that you are overwhelmed by sadness? Why?
Who are the friends in your life that you can go to when you are in a difficult season?
What friendships do you need to work on or build up?
What are some of the good things we can find in our day even when we are sad?
How does a season of sadness change if you believe Romans 8:28?

Start Doing

Find the good in every day. Do more of the good things for yourself this week.