



Scripture: Psalm 42:1–11, Psalm 39:12, Psalm 126

Hey everyone! I'm really glad you're here today. Whether your week was packed with tests, practices, and nonstop busyness, or maybe it felt more like a slow crawl where you were just trying to make it through, hopefully this can be a space to breathe; a place where you can show up exactly as you are without the pressure to have it all together.

One of the things we are passionate about is being real with God. But let's be honest, that's not always easy.

So here is a question to kick things off: have you ever had someone tell you, "Cheer up!" when you were actually hurting? Maybe it was a breakup, a tough game, a family issue, or just a bad day; and instead of helping, it made you feel even worse.

Have you ever felt like crying was somehow wrong? Or maybe you've had this nagging thought that, as a Christian, you're supposed to be happy all the time. Like, "You've got Jesus, right? So why are you sad?" Maybe someone's even said that to you. Or maybe you've said it to yourself.

[Consider sharing a personal story here about your own personal experience.]

Sadly, we (Christians) don't always do a great job creating space for sadness, for grief, for anger, and for disappointment. Somewhere along the way, we started believing that having faith meant putting on a smile and pretending we're okay even when we're not.

But here's the truth: God isn't asking you to fake it. He's asking you to bring it to Him.

Before we dive into the message, let's pray together.

[Prayer]

So, is it okay to be sad? The short answer? Yes. 100%. Without a doubt.

We know this because Scripture doesn't just give us permission to feel sad, it shows us sadness in full color through the stories of real people with real emotions. The Bible is filled with examples of godly men and women who grieved, cried out, and sat in sorrow.

Think about it:

- Jacob, when he believed his son Joseph was dead, was so heartbroken he refused to be comforted (Genesis 37:34-35 NIV). His sadness wasn't a passing moment; it was deep and consuming.
- Hannah, unable to have children, wept so bitterly in the Temple that the priest thought she was drunk. Her pain was raw and on full display (1 Samuel 1:10-16 NIV).
- And of course, Jesus wept. The Son of God stood outside the tomb of his friend Lazarus and cried (John 11:35 NIV). He knew He was about to raise Lazarus from the dead, but still, He let himself feel the weight of grief and the sting of death.

Here's the point: sadness isn't unspiritual. It's human. Even Jesus felt it.

If you don't believe these stories, then look up the book of Lamentations. That name isn't just a poetic word, it literally means "a loud cry." It's five full chapters of sorrow, written after Jerusalem was destroyed. It's messy. It's emotional. It's deeply honest. And yes, it's part of the Bible.

In Jewish tradition, grief wasn't just a private thing, it was communal, intentional, and sacred.

When someone died, families didn't rush past the pain. They sat with it. They practiced something called *sitting shiva*—a seven-day period where friends and family would come, mourn together, and just be present with family and friends. People would tear their clothes, wear sackcloth and ashes, and cry out loud. There were official songs of lament.

That's so different from today. Most of us are used to rushing through pain, scrolling it away, distracting ourselves, or covering it with a joke. But God's people made space for it. And I think we need to learn from that.

One of the biggest ways we miss this today is through something called toxic positivity. It shows up when we try to cheer up someone who is

hurting so quickly that we accidentally shut down their grief. It's those moments when someone's hurting and we say things like:

- "Look on the bright side..."
- "At least it's not worse..."
- "God has a plan..."

Let's be real, those comments don't usually help. They mostly make people feel unheard. Instead of creating space to feel, they send the message: "You shouldn't feel that way."

Most of the time, people say these things with good intentions. I mean, we don't want our friends to hurt. We just want to cheer them up. But when we skip straight to encouragement, we often miss the opportunity to show empathy.

The truth is, we struggle to be around sadness because it makes us uncomfortable. Watching someone we care about grieve is hard. It's vulnerable. It feels helpless. So, we try to make it better when maybe what's actually required is for us to simply be present. No quick fixes. No pep talks. Just presence.

Sometimes the most powerful thing you can say to a hurting friend is nothing at all; just sitting with them so they know they're not alone.

Now, you might be saying, "Okay, so it's fine to be sad. But I'm not sure I'm allowed to be sad or angry toward God. Isn't that disrespectful?" The truth is God is not intimidated by your emotions. He can handle your sadness and wants us to bring it before Him. In fact, some of the people closest to God in Scripture brought Him their complaints, confusion, and sadness.

Let's open our Bibles to **Psalms 42 (NIV)**. This Psalm is raw. It's real. It's basically an emotional journal entry. And it's exactly the kind of Scripture we need when we're struggling.

*As the deer pants for streams of water,
so my soul pants for you, my God.*

*My soul thirsts for God, for the living God.
When can I go and meet with God?*

This preview includes a select number of pages from this resource.

If you like what you see, download the entire resource today!

downloadyouthministry.com