

STAND AT THE CROSSROADS

Week 21: May 21-27, 2023

Life is a Highway (pt. 2: Sad)

This year, we are focusing on how life brings us to "crossroads." These crossroads bring spiritual, emotional, mental, physical, and social challenges. Which way should we go? What should we do? Such questions leave us in great uncertainty on what is best for us and those we love. We are going to journey in 2023 through various sermon series on Bible passages where the characters in the story come to different types of crossroads. Here, we will find ourselves evaluating the options before them and before us. We will also explore how we can help others at pivotal times in their journeys, supporting them as they seek faith and meaning in the decisions and circumstances they face.

In this packet, you will find a few additional resources that will help you to further evaluate how to process the crossroads in your life, your family, and your faith community. These extra activities are not meant to be a spiritual formality on your weekly to do list. Rather, they are optional ways that you can consider as you walk through life. Only do what is helpful to you as you walk with Jesus each week. I'll meet you at the crossroads.



Discussion Questions

Go to Patrick Wilson's YouTube page and watch the video devotional for this week: Life is a Highway (pt. 2: Sad). Then, consider and discuss with your family/friends the following questions:

- What are some things that really make you sad?
- How does confessing your mistakes help restore you to God and others?
- How can you know and experience God's presence in difficult circumstances?
- What are ways that God comforts you when you are hurting?
- What are some aspects of your life that you need to let Jesus carry for you?
- What are some practical steps that help you when you are sad?

Bible Study & Prayer: Going Deeper

Read and meditate on 2 Corinthians 7:10:

"Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death."

In this verse, Paul differentiates between what he calls "godly sorrow" and "worldly sorrow." Reflect on what you think he means as he makes this distinction. He says that being sorrowful over the wrong we do and the hurt we cause takes us to a place of repentance. We desire to change, express remorse over our choices, and move towards a saving or restoring of the broken fellowship between us and those that we have hurt. Thus, godly sorrow has no regrets.

Conversely, Paul speaks of a worldly sorrow that leads to destructive and deadly outcomes. Contextually, Paul is speaking about a sorrow over confrontation.

Sometimes, we resist analyzing/accepting the harm we have caused and avoid the conflict within us or those we hurt. Yet, to leave matters unresolved perpetuates

the pain, oftentimes destroys the relationship, and leads to long-term regret and suffering. While we cannot control the other person or his/her response, we can do our part to be restorative. Spent time today asking God to reveal to you where you have caused hurt, repent, and seek restitution. If possible, talk to those you have hurt and ask for their restorative forgiveness.

Family Activity

Over dinner or a walk together as a family, take turns sharing your highs and lows for the day or the week. Here are some questions you can each reflect on and share about:

- What is the best thing that happened in your day/week?
- What is the worst thing that happened in your day/week?

Remember that the goal is to create a safe environment for everyone to share openly. Avoid making fun of each other, teasing each other for what happened, or mocking one another. Don't try to come up with a solution to fix the situation or correct what the person did as they share. Instead, focus on showing empathy for the struggles and elation for the successes.

Romans 12:15 says, "Rejoice with those who rejoice, weep with those who weep." Focus on celebrating the good and being remorseful over the hurtful events in each other's lives.

Connecting with Others

Think of someone you know who is sad right now. Prayerfully, consider something that you can do that might cheer him/her up. Here is 10 suggestions provided by Edible Arrangements:

- Give a Gift
- Watch a Movie Together
- Share a Walk
- Lend an Ear
- Tell a Joke
- Send a Handwritten Letter
- Make Dinner
- Volunteer Together
- Do Some Gardening
- Have a Dance Party



**WHAT CAN
YOU DO TO
HELP CHEER
UP SOMEONE
IN YOUR LIFE?**