



MISSION CREEK

Alliance Church

Darkness to Light series: Sorrow & Joy

1. Where are you currently experiencing sorrow or grief, and how does Jesus' promise that "your sorrow will turn to joy" reshape how you view that situation right now?
(John 16:20–22)
2. The sermon distinguished between sorrow and despair. How do you personally recognize the difference, and what helps you keep sorrow from slipping into despair when life feels overwhelming?
3. Jesus doesn't say sorrow is replaced by joy, but that it *becomes* joy. What might it look like for God to transform—rather than remove—your current pain?
4. The message emphasized "do not waste your sorrow." In practical terms, what would it mean for you to bring your sorrow honestly to God instead of avoiding, numbing, or rushing past it?
5. Which idea resonates more with you right now: God healing by *removal* of pain or by *redemption* of pain? Why do you think that is, and how does it shape your prayers?
6. Biblical joy was described as an enduring condition of the heart, not a fleeting emotion. What habits, truths, or practices help anchor your joy in Christ rather than in circumstances?
7. Looking toward the "already but not yet" of Advent, how does the hope of Christ's resurrection and second coming give you strength to endure sorrow today—and how could that hope encourage someone else this week?