



SADNESS

Sorrowful Sadness

Surrendered Emotions Series

Solid Rock Church

Pastor Elliott Anderson

Difference Between Emotions and Feelings

Emotions

Instinctive - nature

Autonomic

Body Sensations

Involuntary response

Sadness

Feelings

Innate - nurture

Automatic

Interpretations

Lens perceptions

Sorrow

Sadness

A normal human emotion marked by feelings of unhappiness, loss, helplessness, and hopelessness.

Happy



Sad



Angry



Surprised



Scared



Disgusted





Root Causes of Sadness

Cleveland Clinic:

Loss of job, money

Death, divorce

Moving, life changes

Loneliness

Conflict

Traumas

The Signal of Sadness

One of the main emotions we experience almost every day

Triggered by loss, pain, hurt, rejection, disappointment

A signal from nervous system to seek comfort, connection, + care.



Sorrowful

Meaning: Having or showing a feeling of deep distress caused by loss, disappointment, or other misfortune.

Definition: Feeling or expressing sadness or grief.

Sorrowful Sadness

Sorrowful sadness is the expression of our hurt, loss, pain, disappointment, discouragement, rejection, and embarrassment.

It's the expression through our body

It's the expression through our words

It's the expression through our actions

It's the expression through our attitudes

1st Sadness in Bible

Genesis 3:16, To the woman God said... “**in pain** you shall bring forth children...”

Genesis 3:17, And to Adam God said, “... **in pain** you shall eat of it all the days of your life.”





“In pain” in Gen 3

Issabon in Hebrew

Physical, mental,
emotional, and spiritual
grief, worry, and anxiety

1st Expression of Sorrow

Genesis 4: 5, But for Cain and his offering God had no regard for it. So, Cain was very angry, and his **countenance fell**.

panav in Hebrew

physical drop in body / posture
dejection, sadness, gloom



Sorrow and Sadness in our Heart: Proverbs



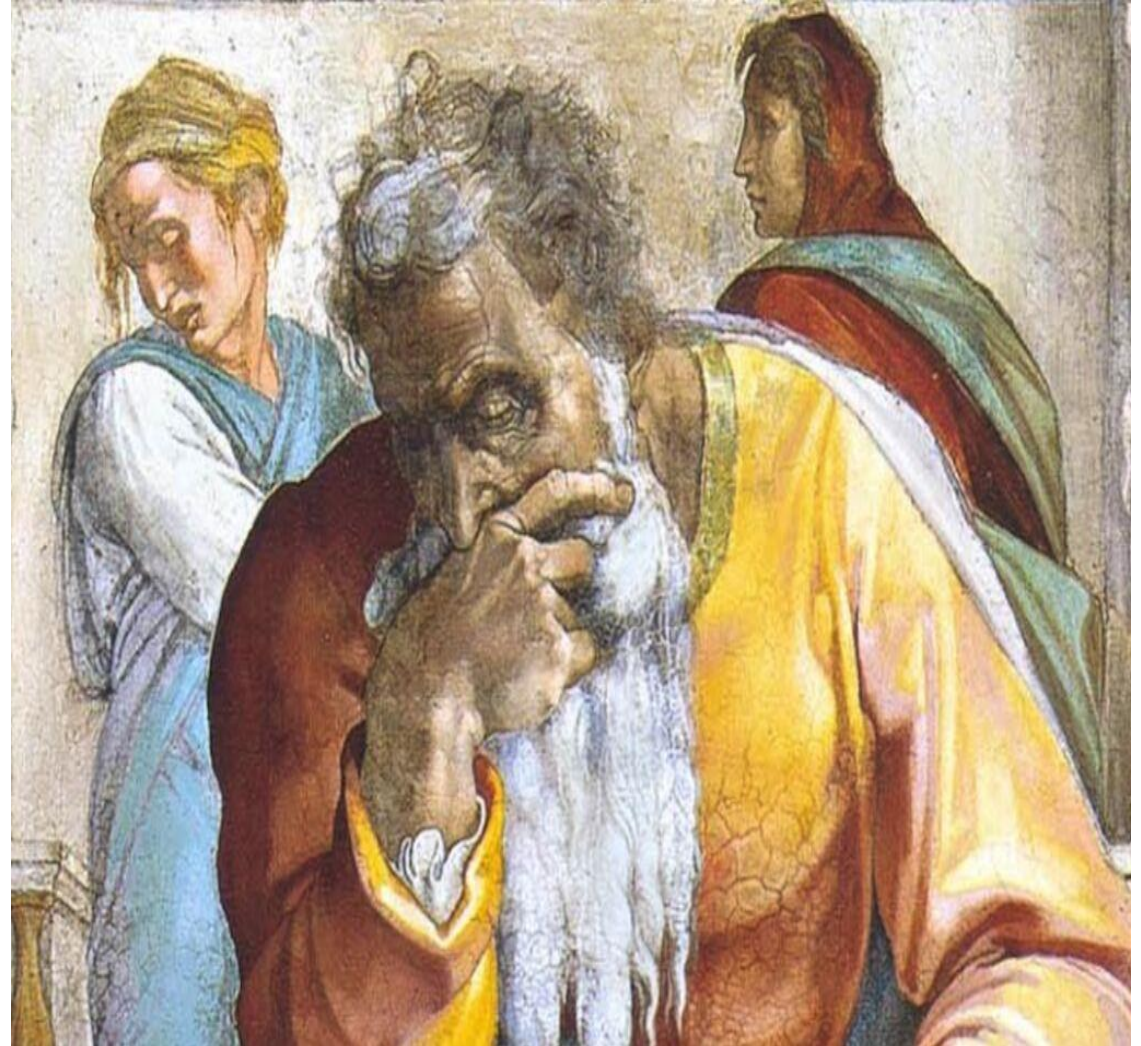
Proverbs 14: 10, The heart knows its own bitterness, and no stranger shares its joy.

Proverbs 14:13, Even in laughter the heart may ache, and the end of joy may be grief.

Jeremiah: The Weeping Prophet

Jeremiah 8:18, My sorrow is beyond healing, my heart is faint within me.

Jeremiah 9:1, Oh that my head were waters, and my eyes a fountain of tears, that I might weep day and night for the slain of the daughter of my people!





Jesus: the Man of Sorrows

Isaiah 53:3, He was despised and rejected by men, **a man of sorrows** and acquainted with grief; and as one from whom men hide their faces, he was despised, and we did not esteem him.



The Sorrow of Jesus: Lazarus

John 11: 33 - 35, When Jesus saw Mary weeping, and the Jews who had come with her also weeping, He was deeply moved in His spirit and greatly troubled...**Jesus wept.** So, the Jews said, "See how He loved him."

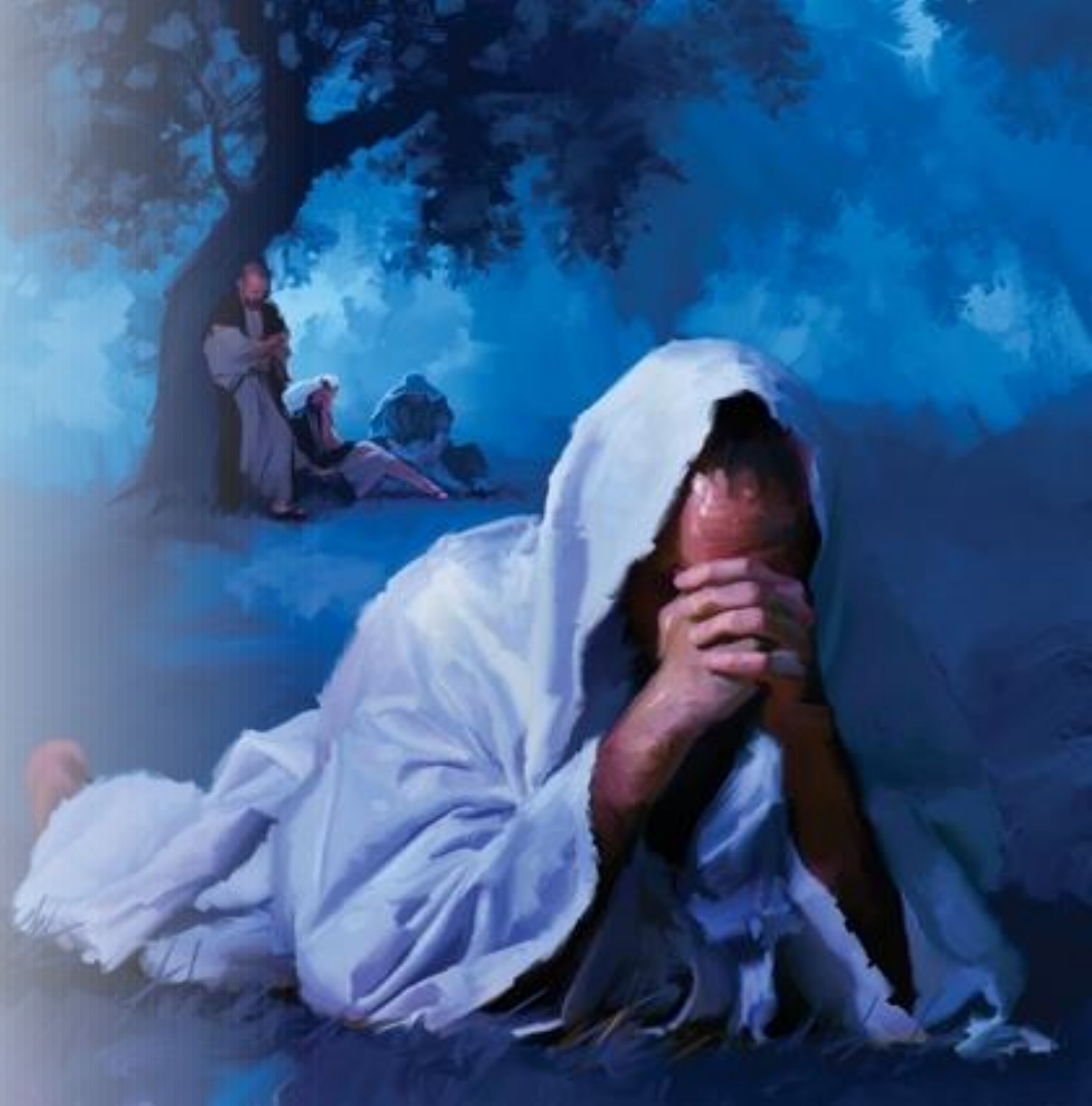
The Sorrow of Jesus: Jerusalem

Luke 19: 41- 42, And when Jesus drew near and saw the city, **He wept** over it, saying, “Would that you, even you, had known on this day the things that make for peace! But now they are hidden from your eyes.”



The Sorrow of Jesus: Gethsemane

Matthew 26: 37 – 38, And taking with Him Peter and the two sons of Zebedee, Jesus began to be sorrowful and troubled. Then He said to them, “**My soul is very sorrowful**, even to death; remain here, and watch with me.”





Hebrews 5: 7, In the days of His flesh, Jesus offered up prayers and supplications, **with loud cries and tears,** to Him who was able to save Him from death, and He was heard because of His reverence.

**Sorrow of Jesus:
Gethsemane**



Paul: 2 Types of Sorrow

2nd Corinthians 7:10, For **godly sorrow** produces a repentance that leads to salvation without regret, whereas **worldly sorrow** produces death.

Godly Sorrow vs Worldly Sorrow

Godly Sorrow

Directed toward God
Produces repentance
Spiritual depravity
Inspires gratitude
Living transparently
Freedom in healing

Worldly Sorrow

Directed toward self/others
Produces regret
Human depravity
Inspires guilt
Living trapped
Bondage in pain

The Signal of Sadness

A main emotion we feel every day –
a signal in our nervous system

Loss, pain, hurt, disappointment

Seek Comfort

Connection and Care



Holy Spirit: the Comforter

John 14:16, And I will ask the Father, and He will give another **Helper**, to be with you forever, even the Spirit of truth...

Helper: *parakletos* in Greek
helper, counselor, or advocate

John 14:26: But the **Helper**, the Holy Spirit, whom the Father will send in my name, will teach you all things and bring to your remembrance all that I have said to you.

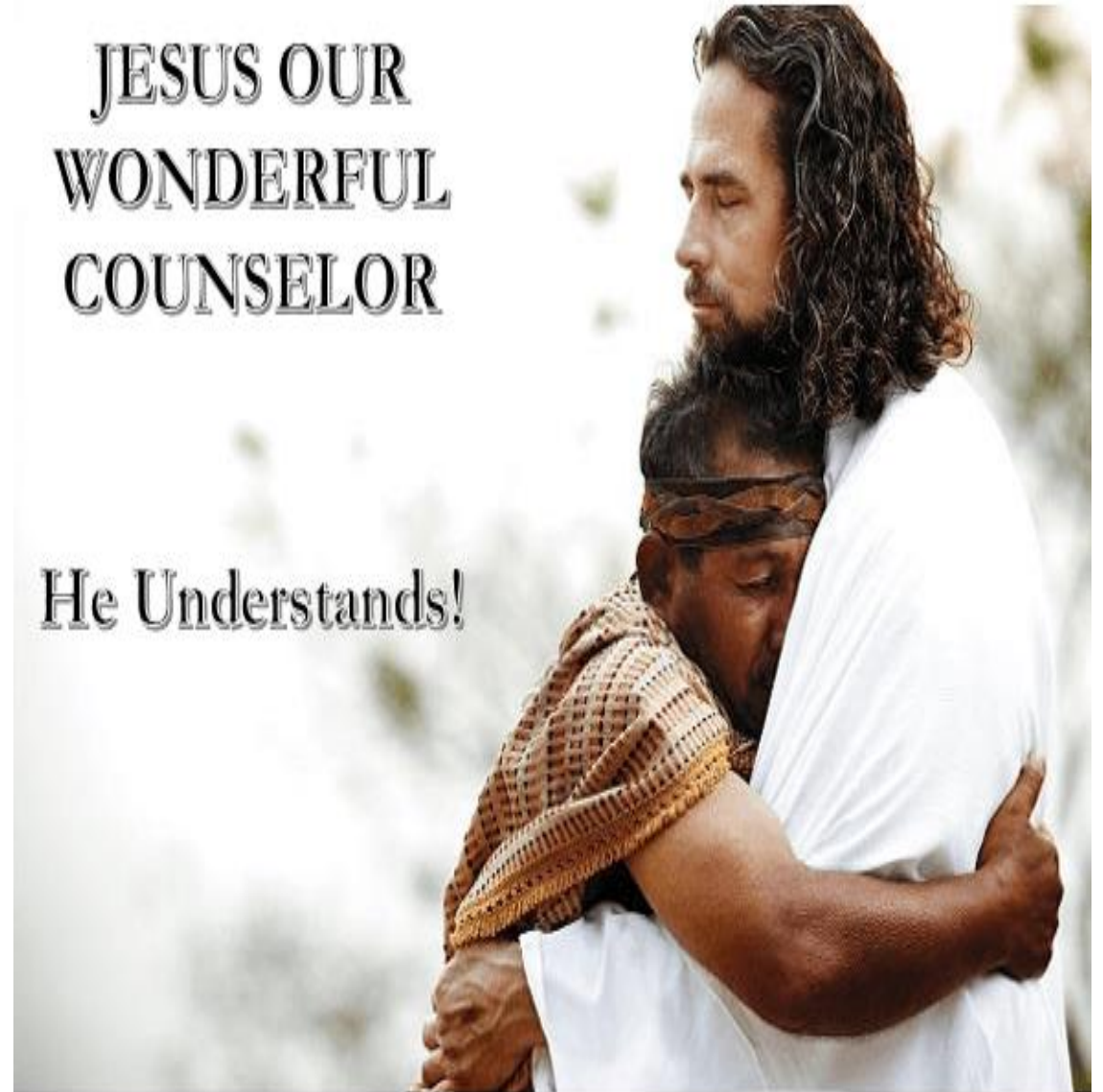
Jesus: Comforter

Isaiah 9: 6, For unto us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful **Counselor**, Mighty God, Everlasting Father, Prince of Peace.

Counselor = *yo'etz* in Hebrew
To give wise guidance

JESUS OUR
WONDERFUL
COUNSELOR

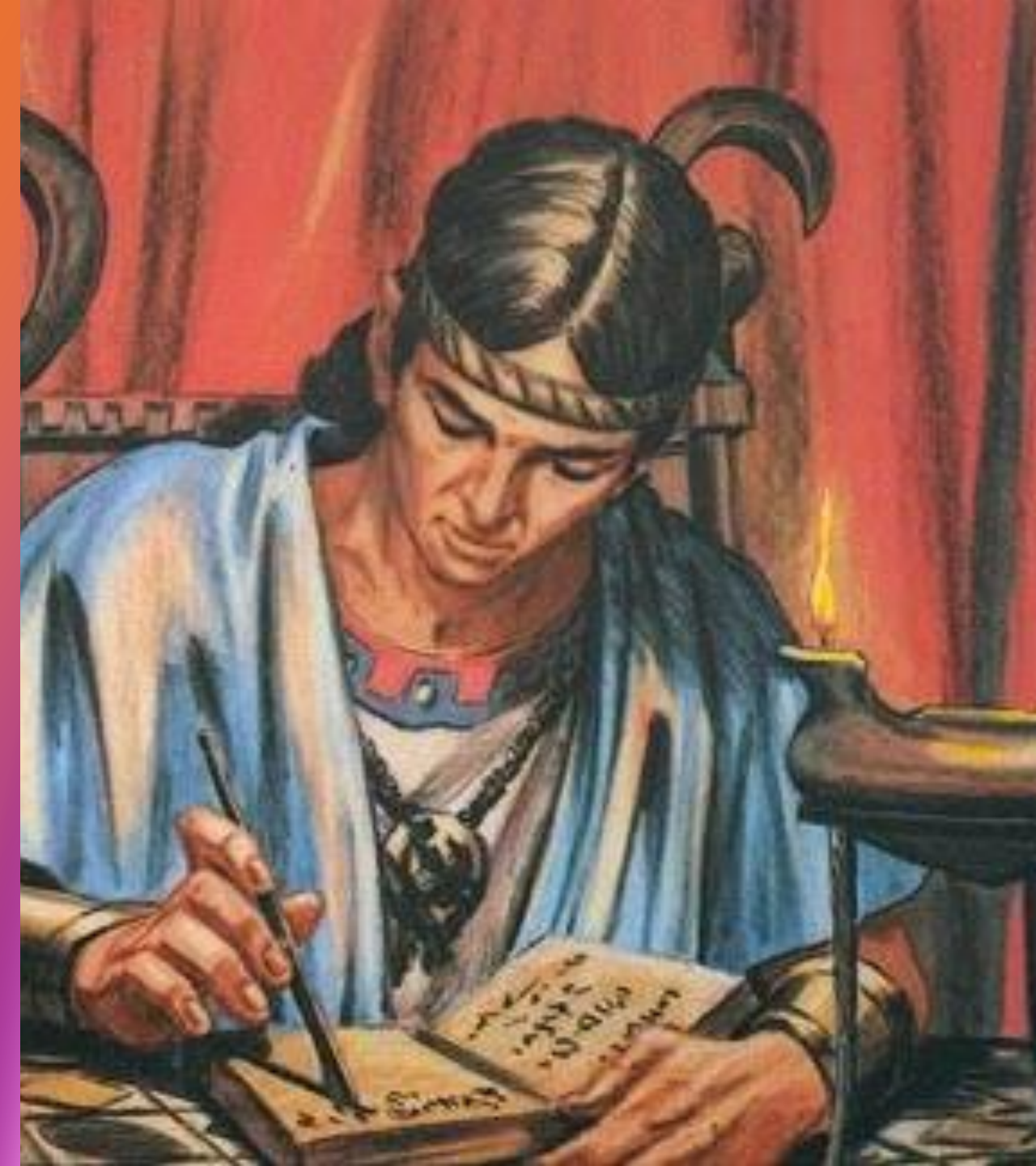
He Understands!



Jesus: the Comforter in the Psalms of David

34:18, The Lord stays close to the brokenhearted. He saves those who are crushed in spirit.

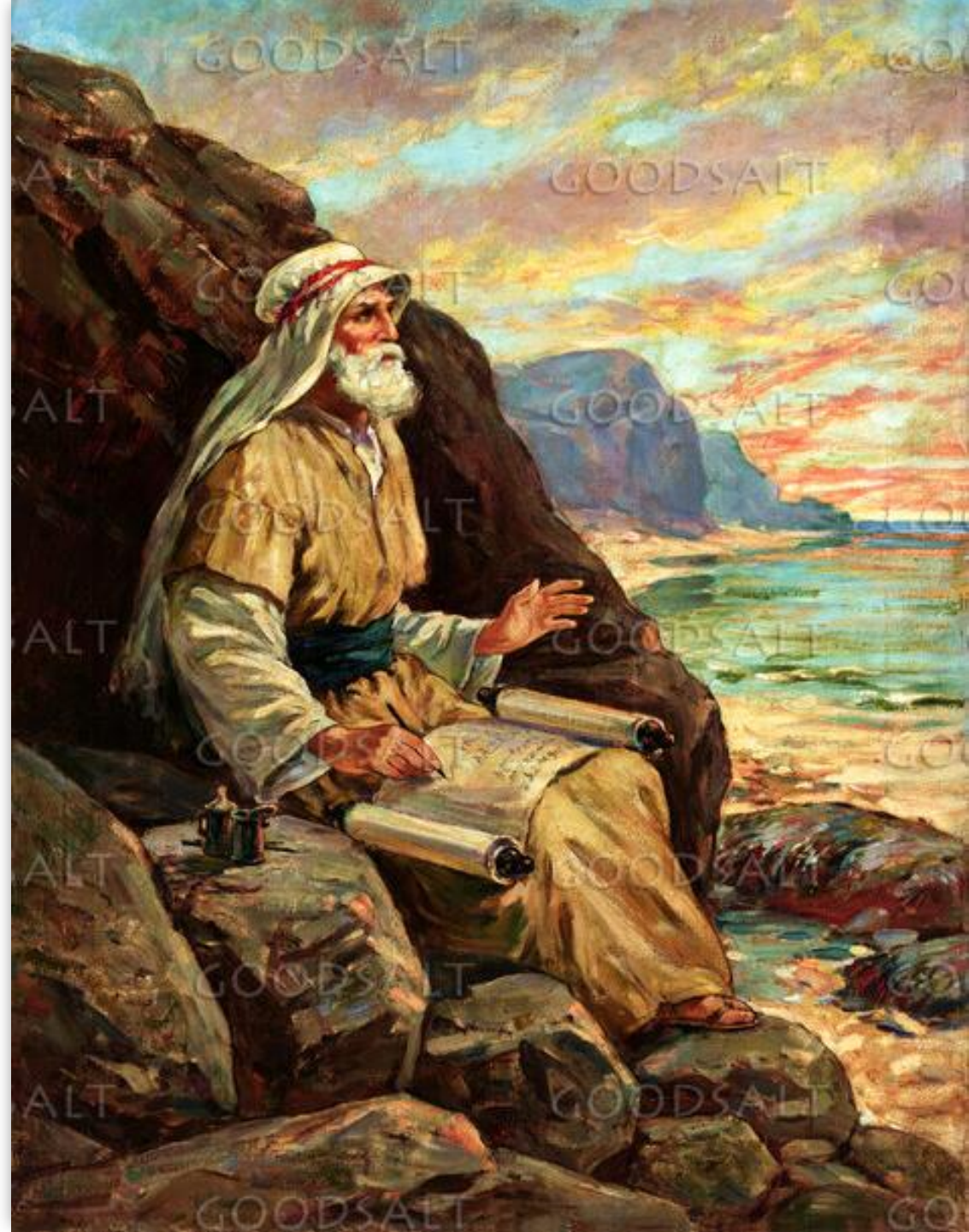
56:8, The Lord keeps track of our sorrow and puts our tears into His bottle. They are recorded in His book.



Jesus: the Comforter in 1st John

1st John 2:1, My little children, I am writing these things to you so that you may not sin, we have an **advocate** with the Father, Jesus Christ is the righteous.

advocate = *parakletos* in Greek
helper, counselor, comforter





Jesus: the Comforter Forever

2 Corinthians 1:3, Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies, and **God of all comfort.**

Revelation 21:4: The Lord will **wipe away every tear** from their eyes, and death shall be no more, neither shall there be mourning, **nor crying, nor pain anymore...**

Solid Rock: Abundantly in Comfort

2nd Corinthians 1:3 - 5, Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all **comfort**, who **comforts** us in all our affliction, so that we may be able to **comfort** those who are in any affliction, with the **comfort** with which we ourselves are **comforted** by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in **comfort** too.

Surrendered Sadness

RAC and sorrowfully expressed

It's surrendered to the Lord, the Holy Spirit, and people for comfort

Matthew 5: 4, Blessed are those that mourn for they shall be comforted.





**Next Week:
August 30th**

*Sorrowful Sadness
Part 2*

*Grieving and
Mourning:
Path to Healing*

SADNESS