

**From Sorrow to Joy**  
**Journey Togetherish Lesson 3**  
**Mustang UMC**

We all experience sorrow and grief. Whenever we experience loss, we experience sorrow. Some sorrow is more significant than others, and we all experience sorrow in our own way. For some sorrow makes us stoic, while others get angry, and that is ok. The key with all of this is not to be consumed by sorrow, but to engage it and to move through it, while allowing Christ to move through us in the process.

Pastor Aaron talked in the video about three stages of grief as we embrace the promise of Jesus, inf John 16:20, “Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy.” First is to name it. Practice lament, trusting that God can handle your emotions even and especially your anger. This is not just a solo activity, but a common one. Second is to embrace Jesus weeping with us, and not we are not alone in our grief. Finally, we must hope always believing that God can bring joy out of our sorrow.

Below are some discussion questions. Please do not feel that you must answer every question and instead trust the Holy Spirit to guide your conversation. Remember to give all people an opportunity to share.

- *What phrase, image, scripture or idea stood out most to you during the video?*
- *What are some of the things that recently have caused you to grieve? Spend some time lamenting together.*
- *What does it mean to you that Jesus weeps with you?*
- *How have you experienced joy after sorrow?*
- *How can we pray for each other during this time?*

**At the conclusion of your time, have someone pray for each other and for God to guide us as we move from sorrow to joy**