



INSIDE OUT Part 6 - Sadness

Geoff Surratt

July 13, 2025

Open with prayer.

Get to Know You (10 Minutes)

- Think of a time you experienced God's closeness to you.
- Have you had a moment over the past few weeks of this series where you have had an opportunity to practically lean on scripture or something you have heard that has been helpful?

Observation & Discussion (30 Minutes)

All sermon passages can be found at the bottom of this guide.

- When what we hope for doesn't line up with our experience, we often experience sadness. Throughout scripture others have wrestled with the same emotions. We see this in Luke 24:17-21. As you read through this passage, what stands out to you in this profound conversation?
- We have all experienced sadness for different reasons. How have you responded to your own sadness in the past?
- In the message, Geoff walked through some steps to working through sadness. Take a look at your message notes or the list below? Which of these is difficult for you and what could be the most helpful for you?
Accept that sadness is part of being human
Allow sadness to connect you to others
Recognize that God is close in your sadness

Find growth through your sadness
Know that hope gives meaning to our sadness.

- Read Romans 8:38-39. What words/themes in this passage speak hope and God's peace to you?

Next Step (10 Minutes)

- Is there someone you know who may be distant from God or in the midst of a difficult time? Pray for them this week and for the opportunity to share God's hope.

Prayer Requests (5 Minutes)

Pray with your group to close.

Challenge

This week, read through the entire chapter of Psalm 34 (focus on verses 17-18) a couple of times. When you read through it, make one observation that stands out to you to think back on for that day.

For resources on helpful tools to use in reading scripture check out our Grow Spiritually page [HERE](#) and scroll down to Bible Reading Resources.

Scripture from this week's message:

Psalm 6:6-7 "I am worn out from sobbing... my bed drenched with tears."

Psalm 13:2-3 "How long must I struggle with anguish in my soul?...Restore the sparkle in my eyes or I will die"

Psalm 42:3-4 "Day and night I have only tears for food...My heart is breaking as I remember how it used to be."

Luke 24:17-21 He asked them, "What are you discussing so intently as you walk along?" They stopped short, sadness written across their faces. Then one of them, Cleopas, replied, "You must be the only person in Jerusalem who hasn't heard about all the things that have happened there the last few days." "What things?" Jesus asked. "The things that happened to Jesus, the man from Nazareth," they said. "He was a prophet who did powerful miracles, and he was a mighty teacher in the eyes of God and all the people. But our leading priests and other religious leaders handed him over to be condemned to death, and they crucified him. We had hoped he was the Messiah who had come to rescue Israel. This all happened three days ago. '

2 Corinthians 1:4 He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

Psalms 34:18 'The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.'

Romans 5:3–4 We know that suffering produces perseverance; perseverance, character; and character, hope.

Psalms 30:5 Weeping may last through the night, but joy comes with the morning.

Romans 8:38-39 I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.