



FAMILY
LifeGroup

Sunday 23 August 2020

NEW TERRAIN
Thriving in Sadness



CHALLENGE

Last session we asked you to try and remember a Bible verse. See who can remember it.

**All these people gave their gifts out of their wealth; but she out of her poverty put in all she had to live on.”
Luke 21:4**



EXPLORATION

This week let's explore what thriving in sadness is all about.

Click [here](#) to watch!



VERSE

Lamentations 3:19-31

I remember my affliction and my wandering,
the bitterness and the gall.
I well remember them,
and my soul is downcast within me.
Yet this I call to mind
and therefore I have hope:
Because of the LORD's great love we are not consumed,
for his compassions never fail.
They are new every morning;
great is your faithfulness.
I say to myself, "The LORD is my portion;
therefore I will wait for him."
The LORD is good to those whose hope is in him,
to the one who seeks him;
it is good to wait quietly
for the salvation of the LORD.
It is good for a man to bear the yoke
while he is young.
Let him sit alone in silence,
for the LORD has laid it on him.
Let him bury his face in the dust—

there may yet be hope.
Let him offer his cheek to one who would strike him,
and let him be filled with disgrace.
For no one is cast off
by the Lord forever.



MAIN THOUGHT

It is not nice when we lose something or someone we love. But, we have hope because we know Jesus cares for us!



DISCUSSION

These are to guide the general conversation.

1. What's your most precious item?
2. How would you feel if you lost that special thing? How would you react?
3. Have you ever had a friend or family member move away or pass away? How did you feel?
4. What does it mean to you to know Jesus cares about you?



ACTIVITIES

CRAFT ACTIVITY

CAST YOUR CARES TO JESUS

Jesus tells us to give our cares and worries to him. When we feel sad or upset or even angry about losing someone or something Jesus understands and He wants to help us and share those tough feelings with us.

You Will Need:

- A stick
- String
- Fish templates
- Sticky tape
- Textas, pencils or crayons



Find a stick you think might work for a small fishing rod. Attach your piece of string to your stick. Cut out your fish and on each one write someone or something you have lost. You might like to add colour to your fish, or you could print them on coloured paper. Stick your fish along the string of your fishing rod. You might like to have a short prayer with your family, asking God to look after your cares and the people who you have lost. Place your rod somewhere you will see it, to remind you that you have cast your cares to Jesus and He is looking after them for you.

ACTIVE ACTIVITY

STORMY AND STILL

Sometimes we have things happen in our lives that make us sad. We might have a friend or family member move away, or even die. This makes us sad, or even angry. Jesus reassures us that He understands those feelings and is with us when we feel like that. Even more than that, He can help with our feelings.



You Will Need:

- 2 Plastic Bottles
- Permanent Pen/Texta
- Googly Eyes (optional)
- Water
- Dishwashing Liquid

Remove the labels from your bottle and draw on the faces (including the eyes if you are using). Put a little dishwashing liquid into the bottom of each bottle. In the first bottle fill halfway with cold water. In the other fill halfway with warm water. Shake both bottles and see what happens (The warm water bottle should create lots of bubbles, the cold not so many).

We will all experience 'stormy' times in our lives, but we have hope in Jesus. He is with us through the stormy times, caring for us and helping us with our feelings of sadness, anger and loss. He can turn our stormy times into still times. All we need to do is share our feelings with Him and trust Him.



PRAYER

Take this time today to pray for each member of your family. Think of things and people you have lost and ask Jesus to help you as you feel your feelings of sadness, loss and anger.



BLESSING

[Name], God's grace is sufficient for you today and it will be sufficient for you tomorrow. Amen



CHALLENGE

Try and remember this verse this week. Perhaps you and your family might like to make up some actions to help, or even a song? It's a big one this week!!

**Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness
Lamentations 3:21-23**

COMMUNITY CONNECTION

We would love to see how you and your family are growing faith in your home.

Why not set up a mini 'Table' for the kids like we have been using at LifeWay? It can be as simple as paper and pencils, scissors and glue and Lego or Play dough. They can then make something while you watch the Live Stream as a family.

If you are happy to share photos or videos of what you have been doing please send them to Elise von Stanke elise.vonstanke@lifeway.net.au and we will share these with our community through Facebook and Instagram @lifewaylutheranchurch.

