

# My Friend Jesus Understands Me When I Am Sad

## Lesson 5

### Introduction:

- A. What can we learn from the two shortest verses in the Bible?

Jesus wept (John 11:35).

Rejoice always (1 Thessalonians 5:16).

- B. Was Jesus obeying the principle in 1 Thessalonians 5:16 when he wept in John 11:35?

- C. What is the biblical teaching about the painful feelings of grief and sorrow?

1. Is it, “Don’t worry – be happy?”
2. What did Jesus experience in the hours immediately preceding the cross?

And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me” (Matthew 26:37, 38).

And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground (Luke 22:44).

3. Is it true that if we will just keep our minds on heaven, we won’t be concerned about these things which happen on earth?

Blessed *be* the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time. In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials (1 Peter 1:3-6).

4. Which does the Bible say is better – mourning or laughter?

*It is better to go to the house of mourning  
Than to go to the house of feasting,  
For that is the end of all men;  
And the living will take it to heart.  
Sorrow is better than laughter,  
For by a sad countenance the heart is made better.  
The heart of the wise is in the house of mourning,  
But the heart of fools is in the house of mirth (Ecclesiastes 7:2-4).*

- a. Did he say it was more fun, enjoyable?
- b. How could sorrow be better than laughter?
- c. “I’ve never read the story of a great man without finding that at one time or another in that man’s life he went through days of hurt, and it was the molding influence of the hurt that made the man what he was. It’s a great principle for life; it’s the heart of a champion” (*The Heart of a Champion*, by Bob Richards, page 42).
- d. Is it wrong, sinful to laugh?

A merry heart does good, *like* medicine,  
But a broken spirit dries the bones (Proverbs 17:22).

- e. How do you reconcile these verses?
- f. What is the principle and blessing that Jesus states in the beatitudes that relates to this discussion?

Blessed *are* those who mourn,  
For they shall be comforted (Matthew 5:4).

I. HOW CAN JESUS UNDERSTAND ME WHEN I AM SAD?

- A. What did Isaiah prophesy about Jesus that would qualify Him to understand me in my sorrow?

He is despised and rejected by men,  
A Man of sorrows and acquainted with grief.  
And we hid, as it were, *our* faces from Him;  
He was despised, and we did not esteem Him.  
Surely He has borne our griefs  
And carried our sorrows;  
Yet we esteemed Him stricken,  
Smitten by God, and afflicted (Isaiah 53:3, 4).

- B. Notice the examples of Jesus crying.

1. Why did Jesus cry over the city of Jerusalem?

Now as He drew near, He saw the city and wept over it, saying, "If you had known, even you, especially in this your day, the things *that make* for your peace! But now they are hidden from your eyes. For days will come upon you when your enemies will build an embankment around you, surround you and close you in on every side, and level you, and your children within you, to the ground; and they will not leave in you one stone upon another, because you did not know the time of your visitation" (Luke 19:41-44).

2. Jesus cried when Lazarus died.  
a. What was Jesus' relationship with Lazarus?

Therefore the sisters sent to Him, saying, "Lord, behold, he whom You love is sick."

These things He said, and after that He said to them, "Our friend Lazarus sleeps, but I go that I may wake him up" (John 11:3,11).

- b. What stages of grief, discussed by Mr. Westburg, do you see in this event in the life of Jesus? John 11:19-37

C. Notice the example of Jesus understanding the apostles.

1. While some may say that the apostles were unconcerned and indifferent, Jesus gave another observation.

Then He came to the disciples and found them asleep, and said to Peter, "What? Could you not watch with Me one hour? Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak" (Matthew 26:40, 41).

2. To what does Luke, the doctor, attribute their sleep?

When He rose up from prayer, and had come to His disciples, He found them sleeping from sorrow (Luke 22:45).

3. This followed his unique comment about the intensity of Jesus' agony.

And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground (Luke 22:44).

## II. HOW CAN I BETTER UNDERSTAND MYSELF IN GRIEF?

- A. What is grief?
- B. When do we suffer grief; what is the key word?
- C. What are some possible reactions to grief?
- D. What are some of the things in *Good Grief* and *Tear Soup* that reminded you of a time when you have experienced grief?
- E. Should the Christian try to deny and suppress feelings of grief as soon as possible since the Bible says that we should "sorrow not"?

But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope (1 Thessalonians 4:13, KJV).

- F. How do you plan to grieve over the death of this class?

III. HOW CAN I BE A FRIEND TO OTHERS IN GRIEF?

- A. How can I help others who are experiencing loss?
- B. What are some things I can do months after the loss?
- C. How would the stages of grief relate to someone leaving another religion and those connected with it?
- D. How would it be possible for someone to experience grief over giving up some sinful habit or practice?

Conclusion:

- A. Be aware of your feelings when you lose small things.
- B. Practice grieving as one with hope in these small losses.
- C. Be thinking of others who might profit from this class in the future.