

# CALVARY WEEKLY DISCUSSION GUIDE

July 26, 2020



## CONNECT

Do you feel like this summer has gone quickly or has it been really slow? As you think about *time* in general, would you rather have a fast forward, pause, or rewind button for life?

## GROW

- When is a time in your life that you've experienced **sadness**? When you grew up, did your family talk about sad times or gloss over them?
- Have you ever been made to feel like your sadness was inappropriate or a **problem to be fixed**? Talk about that experience. What things have you heard people say when they face sadness and try to push it quickly aside?
- Read the story of Lazarus: **John 11:1-36**
- Look up the practice of "sitting shiva" in the Jewish tradition. Why is it often so difficult for Christians to simply **be present** with those who are sad?
- When have you moved through sadness to joy and had your **hope restored**? What was that process like for you or your family members?

## PRAY

God, we are beautifully created in your image, and it is natural that we face sadness. When our friends and family are sad, remind us to simply be present with them just as you are with us. God, we experience the ultimate intersection of sadness and joy through the cross, and for that we give thanks. Amen.