



I was in church the other day and someone said to me, “**Why can’t we have a sermon on sadness?**”

It was a good question. Sadness is a part of our human condition and a part of any loss or bereavement. Severe on-going sadness maybe classed as depression and need some medical intervention.

Wikipedia says:

***Sadness is an emotional pain associated with, or characterized by, feelings of disadvantage, loss, despair, grief, helplessness, disappointment and sorrow***

Sadness is a common experience in childhood. Some families may have a (conscious or unconscious) rule that sadness is "not allowed", but this may cause problems. Sadness is part of the normal process of the child separating from the mother and becoming more independent. If the mother cannot allow the minor distress involved, the child may never learn how to deal with sadness by themselves Also, too much cheering a child up can devalue the emotion of sadness for them. It is important to respect a child's right to experience a loss fully and deeply.

People deal with sadness in different ways, and it is an important emotion

because it helps to motivate people to deal with their situation. Some coping mechanisms include: getting social support and/or spending time with a pet, creating a list, or engaging in some activity to express sadness. Some individuals, when feeling sad, may exclude themselves from a social setting, so as to take the time to recover from the feeling.

**Cognitive behavioural therapy** suggests either challenging one's negative thoughts, or scheduling some positive event as a distraction. Being attentive to, and patient with, one's sadness may also be a way for people to learn through solitude; while emotional support to help people stay with their sadness can be helpful.:

#### **What does the Bible say about Sadness?**

The Bible provides us with many verses about the comforting grace and love of God. Here are some:

*The Lord is near to the broken-hearted and saves the crushed in spirit.* Psalm 34:18

*The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.* Dt 31:8

*Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Is 41:10*

*God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain,*

*for the old order of things has passed away. Rev 21:3-4*

*Praise be to the God and Father of our Lord Jesus Christ, the Father of all compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Cor 1:3-4*

**"It's OK not to be OK"**

**If you are feeling 'blue' this Christmas**, come to the quiet service mentioned above. Maybe you will be helped and comforted like I was.

*Jan Hill*

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