



## All the Feels | Week 7

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### Big Idea

*Sad isn't bad!*

How do we *surf* through our *sadness*?

1. *Clarify* our sadness before God.

#### Psalm 13:1-2 (NLT)

<sup>1</sup> O Lord, how long will you forget me? Forever?

How long will you look the other way?

<sup>2</sup> How long must I struggle with anguish in my soul,  
with sorrow in my heart every day?

How long will my enemy have the upper hand?

2. *Cry out* to God to remove our sadness.

#### Psalm 13:3-4 (NLT)

<sup>3</sup> Turn and answer me, O Lord my God!

Restore the sparkle to my eyes, or I will die.

<sup>4</sup> Don't let my enemies gloat, saying, "We have defeated him!"

Don't let them rejoice at my downfall.

3. *Cling* to the love of God through our sadness.

#### Psalm 13:5-6 (NLT)

<sup>5</sup> But I trust in your unfailing love.

I will rejoice because you have rescued me.

<sup>6</sup> I will sing to the Lord because he is good to me.