

## **Inside Out Jesus - Sad Jesus**

**Text: Luke 19:41-44**

**Supplies** - Bibles, pencils and paper, easel/markers, bowl or buckets with water for small groups

### **Large Group**

**Introduction** – Let's brainstorm: what makes us sad?

**Say:** Let's see how many things we can think of that make us sad in the next xx minutes. Have students think creatively, and include "big and little" things that make us sad. (Getting sick, losing a friend, but also running out of chocolate chip muffins in the school lunch line, or losing your favorite pencil...)

Option – if you have a large group divide the group by tables/smaller groups and make it a contest to see who can come up with the most things.

Option – have students make their own list first, then share with a partner/table. When it's time to share with the large group, ask the students to share, not their own idea, but an idea they heard from their partner/table.

**Questions:** Why do you think we came up with so many different things that can make us sad? Is sadness a "normal" feeling? If it is, then why do we hate it so much? Is it an "important" emotion? Why do you think so?

### **What is the emotion in the world?**

**Say:** Let's watch a video that shows us a lot of sadness, but also something else...

**Watch Video:** <https://www.youtube.com/watch?v=1tEZR9WBLXU> "Life is Great"

**Questions:** What was the sadness about initially? (death of spouse/father) How did the sadness spread/deepen?

What happens to our relationships with other people when we are sad? (They get harder!)

Can we experience other emotions when we are sad, including happiness? (Yes!) Why might that be?

### **Where is the emotion in Jesus?**

**Read Bible Story: Luke 19:41-44**

As he approached Jerusalem and saw the city, he wept over it <sup>42</sup> and said, “If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes. <sup>43</sup> The days will come upon you when your enemies will build an embankment against you and encircle you and hem you in on every side. <sup>44</sup> They will dash you to the ground, you and the children within your walls. They will not leave one stone on another, because you did not recognize the time of God’s coming to you.”

**Say:** We often don’t think about Jesus being sad, but he experienced this emotion just like everyone else. For example, when his good friend Lazarus died, and especially when he saw all of Lazarus’ friends crying, Jesus was sad and cried with them.

In this passage, Jesus is getting close to Jerusalem. He has been traveling to the city for some time now, coming with his disciples for the Passover celebration, but coming because he knows that this is where he is also going to be arrested and crucified.

**Question:** How do you think Jesus has been feeling as he gets closer and closer to the city?

**Say:** As they near the city, Jesus sends a couple of his disciples ahead to ask for a colt – what we know as the Palm Sunday processional into the city will soon begin. As they wait for their return, Jesus is on a hill across a valley from Jerusalem and he is able to see the city from this distance. This is where we read he weeps over the city.

**Questions:** How is Jesus feeling and why? What is going to happen that is making him sad? What can he do to prevent it? How would you feel if you were in Jesus’ situation?

## **Small Group**

**Introduction:** We understand that being sad is a natural reaction when things happen that are painful, or are something we don’t like or didn’t expect, or when we lose something or someone.

### **Reaction to the emotion in the world:**

**Say:** What can we do when we find ourselves feeling sad? (Brainstorm and place emphasis on this time – recognizing that sadness is a normal reaction, but we can also do things to help us during this time of sadness. These things may not take the sadness away but they can help us cope. Talk about talking to God, using prayer, talking with someone else. We can also do things like eat nutritiously, get adequate fluids, exercise. Therapy can be important for especially difficult situations.

**Say:** What are things we can do to help someone else when they are dealing with sadness? (Refer back to the video, and the ways in which the little girl helped her mom. Brainstorm other ideas, emphasizing that your presence is a most important gift. You don't have to know what to say when someone is sad; simply being willing to be with them is often enough.)

**Activity:** Look up Bible verses that you might want to use when you are sad, or to offer to someone else who is struggling. Try Isaiah 41:10; Matthew 5:4; Matthew 11:28; Deuteronomy 31:8; Psalm 34:18

**Reaction to how Jesus handled the emotion:**

**Say:** What do you think Jesus did when he was feeling sad in the scripture reading we read while we were in large group?

**Activity:** Read Luke 19:45-46.

**Question:** What did he do? (He got mad, and threw the sellers out of the temple!) Are you surprised he was also mad? Do you ever get mad and sad at the same time? Do you know why he might have been both mad and sad? (He knew what was to come, but it doesn't mean he liked it or wanted it.)

Let's keep reading: Luke 19:47

**Question:** What else did Jesus do? (He kept on doing what he had been doing – teaching, preaching, sharing God's love.) What can we learn about coping with our sadness from Jesus?

**Activity:** Give everyone a small sheet of paper/pencil, and a few minutes to write their own note/prayer to Jesus about anything that might be making them sad, or has made them sad in the past. They can ask Jesus for help with that feeling, or say thank you if the situation is now better.

When you are done, place the prayers together into a large bucket of water and pray:

**Prayer:** Jesus, you promised that in our baptisms every day becomes a new beginning for us. We wash away our old selves and rise to live with you with a fresh start and new hope. We give to you now those things that have or are making us sad, perhaps even angry. We turn them over to you, and ask that you now give us instead a small portion

of something else that you have promised us – your peace that surpasses our understanding. In the midst of our sadness, give us peace, give us comfort, and once again, give us joy. In your name we pray, Amen.