

## SEASON 14 — EPISODE 2



# Living in the Tension: Joy and Sorrow

### GROUP QUESTIONS

1. What disappointments have you experienced this past year? Is it hard for you to be honest with God about those disappointments?
2. What is God redeeming and restoring in your life?
3. In a current disappointment or heartbreak you are feeling, what gratitude are you experiencing alongside it?
4. What gifts of daily bread is the Lord providing for you in this season?

### JOURNAL QUESTIONS

1. What paradoxes am I called to live in right now?
2. How can I bring the Lord into my disappointments?
3. Am I more prone to pushing my emotions aside or letting my emotions rule my life (emotional gluttony)?
4. In seasons of grief, who are the people who have been my midwives and accompanied me through those seasons?

### QUOTE TO PONDER

“Our life is a short time in expectation, a time in which sadness and joy kiss each other at every moment. There is a quality of sadness that pervades all the moments of our lives. It seems that there is no such thing as a clear-cut pure joy, but that even in the most happy moments of our existence we sense a tinge of sadness. In every satisfaction, there is an awareness of limitations. In every success, there is the fear of jealousy. Behind every smile, there is a tear. In every embrace, there is loneliness. In every friendship, distance. And in all forms of light, there is the knowledge of surrounding darkness . . . But this intimate experience in which every bit of life is touched by a bit of death can point us beyond the limits of our existence. It can do so by making us look forward in expectation to the day when our hearts will be filled with perfect joy, a joy that no one shall take away from us.”

— Henri J.M. Nouwen, *Making All Things New: An Invitation to the Spiritual Life*

### LECTIO DIVINA

He turns my mourning into dancing. You have turned my mourning into dancing; you have taken off my sackcloth and clothed me with joy, so that my soul may praise you and not be silent. O Lord my God, I will give thanks to you forever. — Psalm 30:11-12