
LIFE TEEN PARENT LETTER

Check out our Parent Life website at ltparentlife.com for resources on how to guide your teen in a faith-filled way through modern day culture!

LIFE NIGHT: LOWKEY UPSET

CONTENT OVERVIEW

Sadness is a common human emotion that is typically caused by something that is unexpected or the opposite of what we desire. We experience sadness from a very young age and continue to experience it throughout our lives to various degrees, depending on the situation that evokes sadness. Sadness can be caused by not getting our way or something we expected, such as not getting a job we wanted. Sadness can also be caused by someone else, like when someone shares hurtful and damaging words. On a deeper level, sadness can be caused by difficult experiences, such as dealing with a serious medical condition, divorce, or addiction. Our sadness can also turn to grief especially if dealing with the loss of a loved one. Sometimes, even though we experience these degrees of sadness, we run and hide from them, pretending they do not exist.

As people of faith, we must understand that even Jesus experienced the emotion of sadness in His life when confronted with the sins of others and witnessing injustice. Jesus also experienced grief due to the death of His friend, Lazarus (John 11:1-44). While Jesus knew He would eventually raise Lazarus from the dead, He was not exempt from seeing the effects of Lazarus' death on other people or from experiencing grief Himself. Jesus, in His humanity, acknowledged the emotion of sadness and used it to glorify God.

We are called to acknowledge the emotion of sadness and understand that, while it may be difficult at times, we will eventually experience happiness, as well. We are challenged to be honest with our sadness, open to understanding what exactly it is that causes our sadness, and courageous enough to embrace it, as it does not last forever. Through all of the sadness we experience in life, we continue to find joy and hope through the life, death, and Resurrection of Jesus. Jesus is our hope!

CONVERSATION STARTERS

1. Has there been a time in your life when you experienced a great amount of sadness? What events or experiences caused this sadness?
2. How do you typically deal with sadness? Do you embrace it, knowing you will also experience happiness, or do you run from it and hide it?
3. Read the story of Jesus raising Lazarus from the dead (John 11:1-44). What emotions are present in this story from all those, including Jesus, who are involved? What does it mean to you that "Jesus wept"?