
Preventing Sad from Going Bad

Summer Series: Out of the Depths

Beginning Text: 1 Thessalonians 4:13

“But I would not have you to be ignorant brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.”

- There is something different about a Christian’s sorrow.
- It is mitigated by hope in God and joy from God.
- Still, we must make sure we don’t put a period after the phrase “sorrow not.”

- This passage is not saying that a Christian should not express sorrow. We just must not let our sad turn bad.

- Sadness can so easily turn to self-pity.

Signs of Self-Pity (1 Kings 19:1–4)

1. _____ – Elijah left his servant and went on his own.
2. _____ – Elijah sat under a juniper tree and sulked.
3. _____ – Elijah asked to die saying that he was worthless.
4. _____ – When we talk this way, we are expressing an inordinate desire to seek sympathy from others.

So how do we avoid this condition?

- Sometimes, there are little or no external sources of support.
- We must learn to encourage ourselves in the Lord.

1 Samuel 30:6

- Discouragement is a deadly disease.
- Discouragement means a loss of courage and a positive outlook on our situation or life itself.

- From the passage about David, we see that discouragement is not _____.

How do you encourage yourself in the Lord?

Look at **Psalm 33:1** (Look at the end—vv. 18–22.)

- We must “_____.”

- And there is always an object to focus on that can bring us to this place.

“The earth is full of the goodness of the Lord” (v. 5).

- You may say, *“But I don’t feel like praising God.”*

- Sometimes, you have to make this a matter of the will.

- You don’t have to feel it, just do it and the feelings will follow.

- _____ praise, not _____ praise
—there’s a difference.

Psalm 42

- We see a fluctuation between _____ and _____.

- To whom is David talking in verses 5 and 11?

- David is talking to himself.

- He is encouraging himself in the Lord.

- And how does the psalm end? —on a positive note!

- Now, look at **Paul and Silas (Acts 16:19–25)**.

- What did they do when they faced a discouraging situation?

- They _____ and _____ songs.

- They did; so can we.

- **So don’t let your sad go bad.**

- **Learn to encourage yourself in the Lord by delighting in God and praising Him.**