

# SMALL GROUPS

**LIFE IS BETTER TOGETHER**

## “What Do I Do When I Feel Unhappy”

### ICEBREAKER |

What is your go to “happy place” when you’re feeling down?

### INTRODUCTION |

Often times in the church, there can be an unspoken pressure to be constantly happy. As a matter of fact, if a Christian finds themselves in a season where they are unhappy, they often think that there is something wrong with them. The truth is that all of us experience seasons of unhappiness. The question is, what will we do when we find ourselves in these seasons?

### READ |

Have you ever been told or thought that Christians don’t get depressed? There really is a pressure for Jesus followers to never get upset, sad, or even just unhappy. That can cause a lot of stress. There’s an expectation of perfection. So, we’re worried about being worried. We’re stressed out about being stressed out. And we’re unhappy about being unhappy.

But everyone gets unhappy sometimes. Read this passage from David about how he was feeling, and what he told God about it:

*I yell out to my God, I yell with all my might, I yell at the top of my lungs. He listens. I found myself in trouble and went looking for my Lord; my life was an open wound that wouldn't heal. When friends said, "Everything will turn out all right," I didn't believe a word they said: I remember God—and shake my head. I bow my head—then wring my hands. I'm awake all night—not a wink of sleep; I can't even say what's bothering me.*

*Psalm 77:1-5 (MSG)*

Pastor TJ said that people tend to live in the world they believe or in the world that they feel. In other words, some people try to ignore their feelings and just power through based on their beliefs while other people tend to follow their feelings a little bit too much.

**When you look at yourself, which one are you?**

## **READ |**

The first way we get ready to respond when we are unhappy is to:

- **Train Our Brain**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing, and perfect will.*

*Romans 12:2 (NIV)*

Paul told us to let God transform who we are as human beings by changing our thoughts. So, the battle begins in our minds.

Often times in our lives there is a specific circumstance or relationship that bothers us and tries to steal our joy. Is there something specific in your life that you wish was different? You may either think or feel that it's off, that it shouldn't be like that. Those thoughts and emotions can be frustrating.

**Is there a different way you can think about or approach this relationship, circumstance, or situation that might change the way you feel about it? If so, what would this look like?**

## **READ |**

Next, Pastor TJ told us to be:

- **Careful What WE Consume**

They say that you are what you eat. Well, you become what you consume. If we constantly fill ourselves with negative information, then we will turn into negative people. It could be a constant stream of bad news on TV, a continual drip of social media envy, or just watching and reading things we know we shouldn't.

*For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.*

*Romans 7:18,19 (NIV)*

Paul teaches us that the problem is inside of us. So, we need to be careful about what we allow inside. Instead of bad stuff, let's get some good stuff in us!

**Jesus said that if we connected with Him regularly and did what He said, His joy would be in us. What does it look like for you to connect with Jesus regularly in this busy holiday season?** (Example, making time to read my bible, praying, being part of a small group, etc.) **How can the group best support you in this area?**

## READ |

Finally, we were taught that:

- **Joy Is Not a Mindset**

In other words, it's not a product of our circumstances – what happens to us – but a response birthed from a relationship with Jesus.

No matter how we *feel* or what we *think*, we must *know* that God is for us, not against us. No matter what comes our way, we can be happy because we know “*nothing can ever separate us from God’s love*” (Romans 8:38 NLT).

**What do you think is the biggest obstacle from choosing joy in your life?  
How can this group help you overcome that obstacle?**

## WHAT WILL YOU DO?

This week, you may get happy or sad. You may get upset and stressed out. No matter what happens to us, we can choose joy!

This week, commit to staying in tune with Jesus by doing S.O.A.P. so that He can help you live an overcoming life?

1. Set aside time to meditate on a scripture from the Bible
2. Journal about that scripture (using the S.O.A.P method)
3. Close your quiet time with a simple Prayer

## **S.O.A.P.**

**Day 1:** *How happy are the people who can worship joyfully! LORD, they walk in the light of Your presence.*

*Psalm 89:15 (ISV)*

**Day 2:** *Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth.*

*Colossians 3:1-2 (NLT)*

**Day 3:** *"For where your treasure is, there your heart will be also."*

*Matthew 6:21 (NIV)*

**Day 4:** *And then He added, "It is what comes from inside that defiles you. For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you."*

*Mark 7:20-23 (NLT)*

**Day 5:** *So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while.*

*1 Peter 1:6 (NLT)*