

We live our lives carrying too much that costs us too much.

For more and more people, sadness isn't a _____ of life
it's a _____ of life.

Why is a perpetual state of sadness, "too expensive" spiritually?

1. We _____ God at work.
2. We _____ God's for us.
3. We _____ God by faith.

Jeremiah 20:14-18

Cursed be the day I was born! May the day my mother bore me not be blessed!
Cursed be the man who brought my father the news, who made him very glad,
saying, "A child is born to you—a son!" May that man be like the towns the Lord
overthrew without pity. May he hear wailing in the morning, a battle cry at noon. For
he did not kill me in the womb, with my mother as my grave, her womb enlarged
forever. Why did I ever come out of the womb to see trouble and sorrow and to end
my days in shame?

People don't deal with their sadness because they're
_____ of how their sadness _____.

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_____ of how their sadness _____.

**Your _____ does not _____ you
from your _____.**

Lamentations 3:17-24

My soul has been deprived of peace; I have forgotten what happiness is. Then I
thought: My future is lost, as well as my hope from the Lord. Remember my affliction
and my homelessness, the wormwood and the poison. I continually remember them
and have become depressed. Yet I call this to mind, and therefore I have hope:
Because of the Lord's faithful love we do not perish, for His mercies never end. They
are new every morning; great is Your faithfulness! I say: The Lord is my portion,
therefore I will put my hope in Him.

If you _____ like Jeremiah, then _____ like Jeremiah.

**_____ won't end your sadness,
but it will make sure your sadness won't _____ you!**

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