**Podcast Worksheet**
**A Day with Sadness: What to do When We're Suffering**

**Scriptural Texts:**
Psalm 6:2-3, 6-9; 121:7-8; Ecclesiastes 7:2-3; 2 Corinthians 9:8a

**15 Good Things to Consider When You're Sad:**

1. Sadness causes our cognitive abilities and our bodies to slow down.
2. A sad heart is oftentimes more receptive to knowledge, understanding, and wisdom.
3. Keeping to a normal sleep schedule (7-9 hours) and getting up at a reasonable time is helpful.
4. When days don't go well, be gentle with yourself. Accept that you are in a healing process.
5. Do your best to find healthy foods you can tolerate, in all categories. Avoid highly processed foods, high in fat and sugar, which works against your emotional healing and increases depression.
6. Drink lots of water, tea, and other healthy beverages.
7. Make one master list of food and beverages you will keep in the house and try to follow it.
8. Spend time each day holding a real Bible in your lap and reading it (Psalms might be a good place to start), along with a good devotional book. Journal. Pray.
9. Express your pain to the Lord and allow him to comfort you. Pray for healing and strength for the day. Record his promises.
10. Try to shower every day and put on real clothes. It may give you a small, emotional lift.
11. Don't waste your energy on anything that is not important.
12. If you are not up to exercising, at least do one thing to get your body moving for 30 minutes.
13. Try to talk with another person every day. (Texting doesn't count.)
14. Take any opportunity you can to grieve, cry, rant, or express sadness. This is healing.
15. Don't entertain damaging or dangerous thoughts, and don't worry about tomorrow.

**Questions:**

1. What have you lost? What are some relationships or circumstances that you need to grieve?

2. Review the main points. What healthy steps can you add to your daily routine? What changes need to be made?

3. Read 2 Corinthians 9:8a. What does this mean to you?

**Prayer of Response:**
Lord God, you promise us that when we are weak, you are strong. Please be my strength for each day. Help me heal. Help me grieve. Help me make good decisions in this painful season. Protect me and provide for my needs. I love you and need your help. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____

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