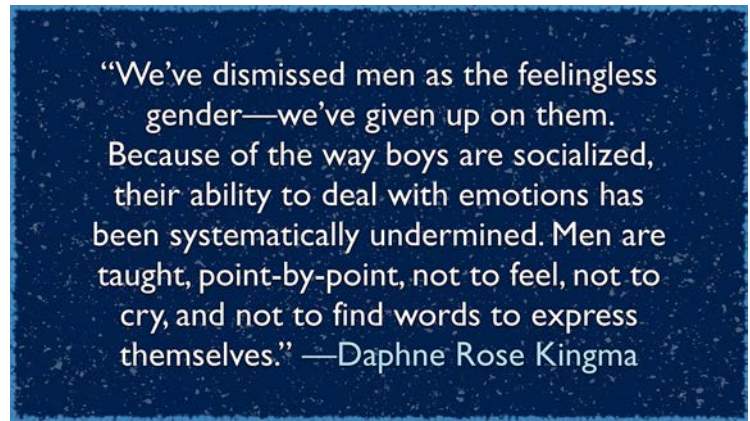
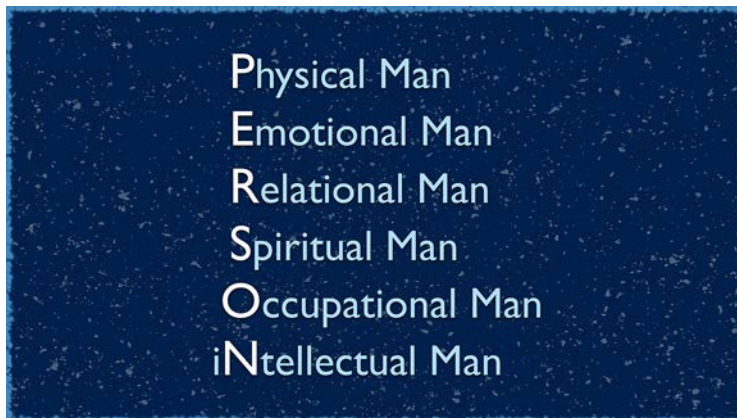




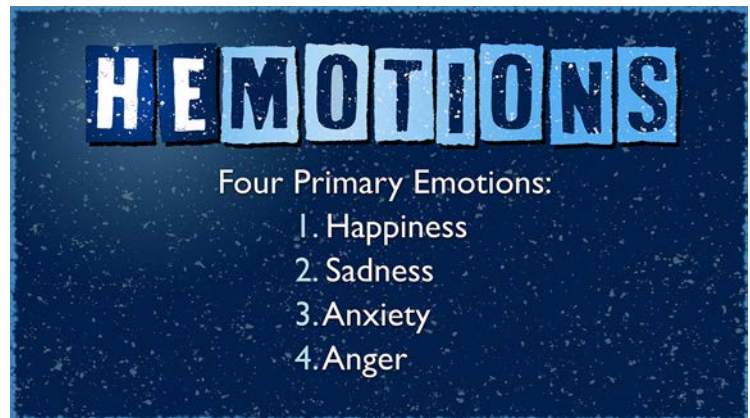
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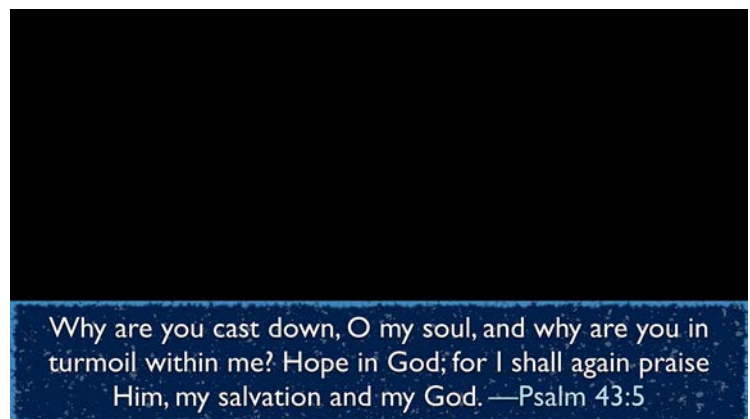
-.003.tiff



-.004.tiff



-.005.tiff



-.006.tiff

I have said these things to you, that in Me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. —John 16:33

-.007.tiff



What makes a man sad?

- Loss
- Failure
- Rejection
- Suffering
- Sin

-.008.tiff

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers."

—1 Kings 19:4

-.009.tiff

How do men express sadness?

-.010.tiff

"Men express sadness more often in behaviors than in words or tears."

-.011.tiff

HOW DO MEN
EXPRESS
SADNESS?

I. We bargain.

-.012.tiff

HOW DO MEN
EXPRESS
SADNESS?

2. We surrender.

-.013.tiff

¹⁴But each person is tempted when he is lured and enticed by his own desire. ¹⁵Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death. —James 1:14-15

-.014.tiff

HOW DO MEN
EXPRESS
SADNESS?

3. We compare.

-.015.tiff

¹²Behold, these are the wicked; always at ease, they increase in riches. ¹³All in vain have I kept my heart clean and washed my hands in innocence. —Psalm 73:12-13

-.016.tiff

HOW DO MEN
EXPRESS
SADNESS?

4. We pout.

-.017.tiff

HOW DO MEN
EXPRESS
SADNESS?

5. We shout.

-.018.tiff

HOW DO MEN
EXPRESS
SADNESS?

6. We doubt.

-.019.tiff

HOW DO MEN
EXPRESS
SADNESS?

7. We despair.

-.020.tiff

How should men address sadness?

-.021.tiff

HOW SHOULD
MEN ADDRESS
SADNESS?

1. Pay attention to
your body.

-.022.tiff

1 Kings 19:6-8

-.023.tiff

HOW SHOULD
MEN ADDRESS
SADNESS?

2. Take a trip.

-.024.tiff

HOW SHOULD
MEN ADDRESS
SADNESS?

3. Listen to God.

-.025.tiff

Psalms for Men Struggling With Sadness

- Psalm 127 Overwhelmed by responsibility
- Psalm 56 Fear of the future
- Psalm 51 Owning up to sin
- Psalm 13 Waiting on God

-.026.tiff

HOW SHOULD
MEN ADDRESS
SADNESS?

4. Recognize you are not alone.

-.027.tiff

Lift each other up in hardship.
A friend loves at all times, and a brother is
born for adversity. —Proverbs 17:17

Liberate from deception and defeat.
Faithful are the wounds of a friend; profuse
are the kisses of an enemy. —Proverbs 27:6

-.028.tiff

⁸From the Gadites there went over to David at the stronghold in the wilderness mighty and experienced warriors, expert with shield and spear, whose faces were like the faces of lions and who were swift as gazelles upon the mountains... ²²For from day to day men came to David to help him, until there was a great army, like an army of God.

—I Chronicles 12:8, 22

-.029.tiff

“You will not find the warrior, the poet, the philosopher, or the Christian by staring into his eyes as if he were your mistress: better to fight beside him, read with him, argue with him, pray with him.” —C.S. Lewis

-.030.tiff

HOW SHOULD
MEN ADDRESS
SADNESS?

5. Treasure weakness
and discover strength.

-.031.tiff

James 1:2-3 | 2 Corinthians 12:8-10

-.032.tiff

HOW SHOULD
MEN ADDRESS
SADNESS?

6. Refocus on your
mission, not your misery.

-.033.tiff

And after you have suffered a little
while, the God of all grace, who has
called you to His eternal glory in
Christ, will Himself restore, confirm,
strengthen, and establish you.

—1 Peter 5:10

-.034.tiff