



Sermon Outline
November 26, 2023
Pastor Bryan Myers

A Little Empathy
Goes A Long Way

Romans 12:15

* *It doesn't matter how much of the Bible you _____.*
What matters is how much of the Bible you _____.

Lesson #10 - University of Practical Faith

* *What God asks of us may be difficult and hard. But He never asks us to do anything that won't benefit us in the end.*

Romans 12:15 - Rejoice with those who rejoice; mourn with those who mourn.

Important notions about emotions:

- * **Emotions are a gift from God that have been _____ by the enemy.**
- * **Emotions need to be properly _____, acknowledged, and then appropriately managed.**
- * **Emotions not _____ don't go away.**

Christ followers are called to come alongside others during two significant emotional experiences:

1. _____ & 2. _____

Ecclesiastes 3:1 & 4 - There is a time for everything, and a season for every activity under the heavens: a time to weep and a time to laugh, a time to mourn and a time to dance.

The Uptake on celebration:

- * **Celebration originated with _____.**
- * **Celebrations occur regularly in _____.**
- * **Rejoicing is a by-product of an _____ relationship with God.**

The Lowdown on grief:

* **Our suffering is not sovereign, _____ is.**

Revelation 21:4 – He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

* **Flooded eyes don't represent a _____ heart.**

1 Thessalonians 4:13 - Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope.

God designed us to benefit from _____.

* **Attunement is _____ to rejoice with those who rejoice and mourn with those who mourn.**

* **Attunement involves three components:**

1. Becoming aware of another's _____ state.

It goes beyond simply asking, "How are you?" to genuinely wanting to know, "How are you really?"

2. Responding to the other person in an _____ way.

"That sounds really challenging."

"I can imagine how that would be difficult."

"From what I'm hearing, you're feeling _____."

"This is heavy. Thank you for not keeping this to yourself."

3. The other person experiences _____ support.

2 Timothy 1:16 - May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains.

* **It's helpful and healthy to experience and express celebration and grief in _____.**