

HOW LONG SAD?

THE HOLIDAYS: THE BEST OF TIMES?

A. 'Tis the season to be jolly - or not

1. A reminder of how quickly time is passing
2. Christmas traditions can highlight changes
3. The prevailing message is we should be happy - it's Christmas
4. Reality warns us to not hype up Christmas

B. God's better plan for His children

1. God does not want us living in sadness
2. Sorrow and sadness are to be temporary phases (*Psalm 30:5b NKJV*)

HOW LONG WILL YOU MOURN (1 Samuel 16:1 NKJV)

A. A relationship that went really wrong

1. Samuel had been a mentor; played a key role in Saul's life
2. Saul had disobeyed God and had lost the kingdom
3. Samuel was mourning for Saul - but God had spoken

B. Fill your horn with oil and go

1. God did not want Samuel staying in the place of sorrow
2. He was given some action steps - a way to move forward

C. God had another plan

1. God did not give Samuel the whole picture - just enough to go on
2. God's plan turned out to be King David - Israel's best king

HOW LONG SAD?

A. There are some things we'll not be able to reverse

1. Things happen and are accompanied by sadness
2. But staying sad will not alter or change what has happened
3. It will not help you or anyone else to stay sad (*2 Corinthians 2:7 NKJV*)

B. Take steps away from sorrow/sadness

1. There are good reasons why God does not want us continuously sad (*Nehemiah 8:10b NKJV*) (*Proverbs 17:22 NASB*)
2. Two great action steps that move you away from sadness

C. Choose to believe God has a plan for you - and it's good

1. He has not run out of ideas for you
2. He has a good path (*Psalm 16:11 NKJV*)
3. Start by coming closer to Him