

DEVOTIONAL

# Hollywood Prayer Network

## SORROW

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The topic of sorrow is complex, real, and not always pleasant. The Lord knows when we feel sorrow, and He promises us that He is walking through it with us, He is compassionate, loving, and He even turns it into joy and dancing! So, embrace sorrow this week, with trust and faith in the Lord.

A great Pixar animated film that gives insight into the emotion of sorrow is *Inside Out*.

DAY 1

# HOW LONG, LORD?

"AS A SAINT OF GOD, MY ATTITUDE  
TOWARD SORROW AND DIFFICULTY  
SHOULD NOT BE TO ASK THAT THEY BE  
PREVENTED, BUT TO ASK THAT GOD  
PROTECT ME SO THAT I MAY REMAIN  
WHAT HE CREATED ME TO BE, IN SPITE  
OF ALL MY FIRES OF SORROW."

-OSWALD CHAMBERS

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New International Version

Psalms 6:7; 13:2

My eyes grow weak with sorrow; they fail  
because of all my foes....How long must I  
wrestle with my thoughts and every day  
have sorrow in my heart? How long will my  
enemy triumph over me?

# DAY 1

**PRAY:** Dear heavenly Father, my eyes grow weak with sorrow, and I feel that I'm failing in all that is coming against me. I'm not handling the stresses and discouragements in my life well, and I wonder how long must I wrestle with my thoughts and with all of the sorrow in my heart? Oh dear Father, how long will the enemy triumph over me? I need to overcome and I don't know how to do that on my own! I need You, God, to take away my sorrow and to triumph over the enemy. Help me, oh God. Thank You! In Jesus' name I pray. Amen.

**REFLECT:** Reflect on the sorrow in your heart and how much it's inhibiting you from living an abundant life. Are you growing weak with sorrow? Are you unable to enjoy the Lord and others because the enemy is triumphing in crippling you? Can you ask the Lord to help you break through the bondage of sorrow? Maybe this is the day to wrestle with your thoughts in order to triumph over them. We can't fully embrace the life that the Lord has for us if we are full of sorrow. What would be the first step to break through and be free of the heaviness of sorrow in your heart?

# DAY 1

**ACT:** This is the week to deal with any hindering sorrow that may be crippling you or preventing you from living the life that the Lord has for you. Right now, if you find that you are heavy with sorrow, would you get on your knees and ask the Lord to replace that sorrow with the joy of His Holy Spirit? Only He can reveal to you the cause of the sorrow and only He can replace it with Divine joy! We all need Him desperately, and that's right where He wants us. So, boldly go to the Lord right now and tell Him you're ready to let it go and no longer let the enemy triumph. This is the moment to start a new, beautiful season in your life.

DAY 2

# HOW LONG, LORD?

“HERE BRING YOUR WOUNDED HEARTS,  
HERE TELL YOUR ANGUISH; EARTH HAS  
NO SORROW THAT HEAVEN CANNOT  
HEAL.”

-THOMAS MOORE

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New International Version

Psalms 119:28

My soul is weary with sorrow; strengthen  
me according to your word.

Jeremiah 8:18

O my Comforter in sorrow, my heart is faint  
within me.

## DAY 2

**PRAY:** Jesus, my soul is weary with sorrow. Would You strengthen me according to Your Word and be my Comforter in my sorrow? Since I committed yesterday to break through the sorrow I've been feeling, I want Your word and Your Holy Spirit to lift my sorrow and give me strength so that my heart will not faint within me. This is my time to break through the sorrow, and I thank You for your Word and that You are my Comforter. With You, my heart will not faint within me. Amen and Amen.

**REFLECT:** The Lord promises to strengthen us, according to His words in the Bible. He tells us that He is our Comforter in sorrow, even when our heart is faint within us. His promises are **AMAZING**. He knows that we feel sadness and sorrow in our lives, and so He addresses it head on and tells us He knows our pain, and He has a plan to get us out of it. What an incredible Creator God to not only allow us to experience sorrow but to promise us that it's not forever and there is hope for comfort and relief. Let that make your heart strong and full.

# DAY 2

**ACT:** Now is the time to focus on asking the Lord to strengthen you, not to focus on your sorrow. Ask Him right now to help you push through whatever is making you faint of heart and to replace the sorrow with His divine, supernatural joy and peace. He will answer your prayer, strengthen you, and you will begin to be comforted and not burdened! Allow your sorrow to make you stronger and to bring you in closer relationship with your heavenly Father. Praise God for His faithfulness.

DAY 3

# MY SOUL IS OVERWHELMED

“JESUS FEELS MY SORROW GREATER  
THAN I, FOR HIS LOVE IS INFINITE, AND  
HE SUFFERS IN AN INFINITE WAY.”

-MOTHER ANGELICA

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New International Version

Matthew 26:38

Then he said to them, “My soul is  
overwhelmed with sorrow to the point of  
death. Stay here and keep watch with me.”

# DAY 3

**PRAY:** Jesus, this verse helps me to understand that when You were in a season of deep sorrow, You needed Your friends to help You get through the darkness. You called out to Your disciples and asked them to stay with You and keep watch. You couldn't go through it alone. Help me to swallow my pride or my embarrassment when I'm overwhelmed with sorrow so I can reach out to the people around me who can hold me up and love me through the valley of the shadow of death. Thank You for helping me to understand this truth. Amen.

**REFLECT:** Jesus is our only true role model and yet it seems so much of what He did was the opposite of our human instincts. We tend to back off from others when we're sad and yet Jesus reached out and asked for their help and support. He also was vulnerable enough to say that His soul was overwhelmed with sorrow, to the point of death. Can you embrace your sorrow and be open about it to the people closest to you? Can you ask your friends and/or family members for help in vulnerable times to "stay here and keep watch with me"?

# DAY 3

**ACT:** Right now, would you commit to having a conversation with your closest friend or family member and tell them about the dark times you have been experiencing? Or will you ask them to walk with you through a current difficult time? Tell them you want to risk being vulnerable with them as you go through this time of pain. It will be hard, but it will deepen your love for one another and it will help you to get through this season by not walking through it alone. Jesus wants you to experience the intimacy of community, and sometimes He allows us to go through a time of sorrow in order to have us turn to the people He's given us as a gift, to help us through. Have that conversation and watch how the Lord blesses both of you.

DAY 4

# GODLY SORROW VS. WORLDLY SORROW

"LIFE HAS NEVER BEEN EASY. NOR IS IT MEANT TO BE. IT IS A MATTER OF BEING JOYOUS IN THE FACE OF SORROW. IF WE WAIT UNTIL OUR LIVES ARE FREE FROM SORROW OR DIFFICULTY, THEN WE WAIT FOREVER. AND MISS THE ENTIRE POINT."  
-DIRK BENEDICT

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New International Version

2 Corinthians 7:10

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

# DAY 4

**PRAY:** Lord, as I look at people whose lives I don't agree with, I ask that You help me to see their choices and their lifestyles through Your eyes. I want to understand that if they knew You they would live lives with no regret. Help me to remember that worldly sorrow brings death, but that You can turn anyone's sorrow into gladness. Let me pray for those people to come to know You, instead of judging them for not knowing salvation through You. Amen.

**REFLECT:** So many Christians don't like the people in Hollywood. We gossip about celebrities and judge their lives, and yet we don't stop to think that they may be dying inside. My heart goes out to the people who seem to have everything: money, celebrity, influence, and yet they live with deep sorrow that brings regret and ultimate death. If we could pray for the people in Hollywood with compassion and love, wanting them to experience the repentance and freedom of Jesus, then we would be blessing the people who don't yet know the Lord or understand Godly sorrow instead of worldly sorrow. Our prayers for Hollywood professionals have eternal impact. Our worldly gossip or anger just leads to regret and it brings death.

# DAY 4

**ACT:** Write down two Hollywood professionals and/or celebrities who aren't yet Christians and commit to pray for them every day this week. Then choose to pray for them to fall in love with Jesus, to experience His joy, hope and salvation. Ask the Lord to free them of worldly thoughts and sorrow and help them to experience God's repentance and joy. Ask that they would be free of regret and instead that they would embrace all the promises that God offers all of us. Your prayers for those two people will change their lives and yours!

DAY 5

# GOD GIVES US JOY IN OUR SORROW

"YOUR SORROW ITSELF SHALL BE TURNED INTO JOY. NOT THE SORROW TO BE TAKEN AWAY, AND JOY TO BE PUT IN ITS PLACE, BUT THE VERY SORROW WHICH NOW GRIEVES YOU SHALL BE TURNED INTO JOY. GOD NOT ONLY TAKES AWAY THE BITTERNESS AND GIVES SWEETNESS IN ITS PLACE, BUT TURNS THE BITTERNESS INTO SWEETNESS ITSELF."  
-CHARLES SPURGEON

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New International Version

Jeremiah 31:13

Then maidens will dance and be glad, young men and old as well. I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow.

John 14:16

And I will ask the Father, and he will give you another Counselor to be with you forever—

# DAY 5

**PRAY:** I praise You Father, for being so loving, kind and comforting. You bring joy, dancing, and gladness to all of us. You are the only One who can turn my mourning into gladness and my sorrow into joy! I praise You for giving me Your Holy Spirit to be my advocate, to help me in my time of sorrow and trouble and to be with me forever. Praise be to God! Amen!

**REFLECT:** The hardest thing for us to do is to feel hope in a seemingly hopeless situation, or to feel joy when we are deep in sorrow. That's when we need scripture to let God's promises sink into our hearts and help us to embrace His unconditional love, support, strength, and joy. He gave us the Holy Spirit to lift us out of our sorrow and pain. Praise God for His faithfulness, even in the darkest of times. He wants us ALL to dance and be glad. What would it take to refocus your thoughts and emotions so that you will always be praising your amazing God?

**ACT:** Take 5 minutes right now to push aside any sorrow, confusion, hurt, or fear and just PRAISE GOD. You can use the Psalms, or the words in Jeremiah 31:13 and John 14:16. Praise Him for turning your mourning into gladness and your sorrow into joy. Praise Him for giving you the Holy Spirit to live inside of you. Praise Him for His unconditional love, His hope, and His joy that is not dependent on your circumstances. Praise the Lord out loud so that you hear yourself praising, and everyone around you can hear. Praise be to God! Amen!

DAY 6

# A TIME TO MOURN AND A TIME TO DANCE

"OUR VISION IS SO LIMITED WE CAN HARDLY IMAGINE A LOVE THAT DOES NOT SHOW ITSELF IN PROTECTION FROM SUFFERING.... THE LOVE OF GOD DID NOT PROTECT HIS OWN SON.... HE WILL NOT NECESSARILY PROTECT US – NOT FROM ANYTHING IT TAKES TO MAKE US LIKE HIS SON. A LOT OF HAMMERING AND CHISELING AND PURIFYING BY FIRE WILL HAVE TO GO INTO THE PROCESS."

-ELISABETH ELLIOT

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New International Version

Ecclesiastes 3:1 & 4

There is a time for everything, and a season for every activity under heaven: ... a time to weep and a time to laugh, a time to mourn and a time to dance

# DAY 6

**PRAY:** Dear Heavenly Father, I thank You that it's OK to feel sorrow and that You have planned sorrow as part of our human experience. Thank You that You promise we will feel all kinds of emotions throughout our life and we don't have to be afraid of negative emotions. In fact, how would we ever truly feel the richness of joy and laughter if we haven't felt the depth of sorrow and mourning? Help me to embrace my sorrow and not be afraid of it. I pray this in Jesus' mighty name. Amen.

**REFLECT:** The Western world is known for doing everything we can to avoid sorrow, pain, hurt, and despair. And yet, God created those emotions so that we can understand the full range of the human experience and gain wisdom from living through different seasons. Are you afraid of feeling sad? Do you avoid it at all costs? Maybe it's time to look at the bigger picture and trust God that He will not only get you through the times of sorrow, but He will make you a richer, wiser person because of it. Don't run from sorrow, for you want to learn through this season and then fully embrace the coming seasons of laughter and dancing!

# DAY 6

**ACT:** Write down the saddest season of your life and the most joyful season of your life. Then prayerfully compare what you learned from both. How did you grow? Did anything come out of both seasons that made you a better person? Are you more Christ-like, empathetic, or patient because of experiencing both seasons? Then thank God for giving you sorrow and joy, and ask Him to allow you to use them both to offer compassion and hope to someone else.

DAY 7

# GOD SHOWS COMPASSION IN OUR SORROW

"WE CANNOT UNDERSTAND. THE BEST IS  
PERHAPS WHAT WE UNDERSTAND LEAST."

-C.S. LEWIS

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New International Version

Lamentations 3:31-33

For men are not cast off by the Lord  
forever. Though he brings grief, he will  
show compassion, so great is his unfailing  
love. For he does not willingly bring  
affliction or grief to the children of men.

# DAY 7

**PRAY:** Jesus, I come to You now to give me hope. You promise me that You will never cast me off. Though I understand that life brings grief, I know that You show compassion because Your love for me is unfailing. I know that You don't willingly bring affliction or grief to anyone, but I'm feeling sorrow now, and I need to feel Your compassion. Jesus, would You put Your loving and comforting arms around me, right now? Thank You for Your unending compassion. I pray this in Your name. Amen.

**REFLECT:** Lamentations is a powerful book to read when we are feeling sorrowful. It not only acknowledges the reality of our pain, but it gives us hope that God is with us in our sorrow, with love, compassion, and hope. It reminds us that though we do feel grief, we shouldn't pretend it's not there, or push it away. So, embrace the Lord in your grief because He will never leave you or forsake you. He will use that sorrow in your life so that you can grow stronger, expand your compassion and help others.

# DAY 7

**ACT:** End this week of studying sorrow by spreading the good news of God's unfailing love! Tell someone you love, who doesn't know Jesus, that He shows compassion to everyone and does not willingly bring affliction or grief to anyone. Give a person a hug who looks sad or who is going through a time of sorrow. Encourage them with God's promises to us that His love is unconditional and unending. Tell them that a time of joy, gladness and dancing is coming, for there is a season for everything under the sun!