

# THE PARADOXICAL FRIENDSHIP OF GRIEF AND JOY

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OCTOBER 19, 2022

# WISDOM ABOUT GRIEF AND JOY

So you have pain now; but I will see you again,  
and your hearts will rejoice, and no one will take  
your joy from you. -- *John 16:22*

The LORD is near to the broken-hearted,  
and saves the crushed in spirit. -- *Ps 34:18*

"No one ever told me that grief felt so much like  
fear." -- *C.S Lewis*

"Grief is the price we pay for love." -- *Queen  
Elizabeth II*

Being Irish, he had an abiding sense of tragedy, which sustained him through temporary periods of joy.  
*William Butler Yeats*

Clap your hands, all you peoples;  
shout to God with loud songs of joy. --*Ps 47:1*

Go, eat your bread with enjoyment, and drink  
your wine with a merry heart; for God has long  
ago approved what you do. --*Eccles 9:7*

Joy is the simplest form of gratitude. -- *Karl Barth*

Joy is prayer; joy is strength; joy is love; joy is a  
net of love by which you can catch souls. --  
*Mother Teresa*

# EMOTIONS AND EMBODIMENT

**Why are we talking about this?**

- ❖ **Our own wholistic health**
- ❖ **Deepening our bonds in community**
- ❖ **Increasing capacity for social justice conversations**

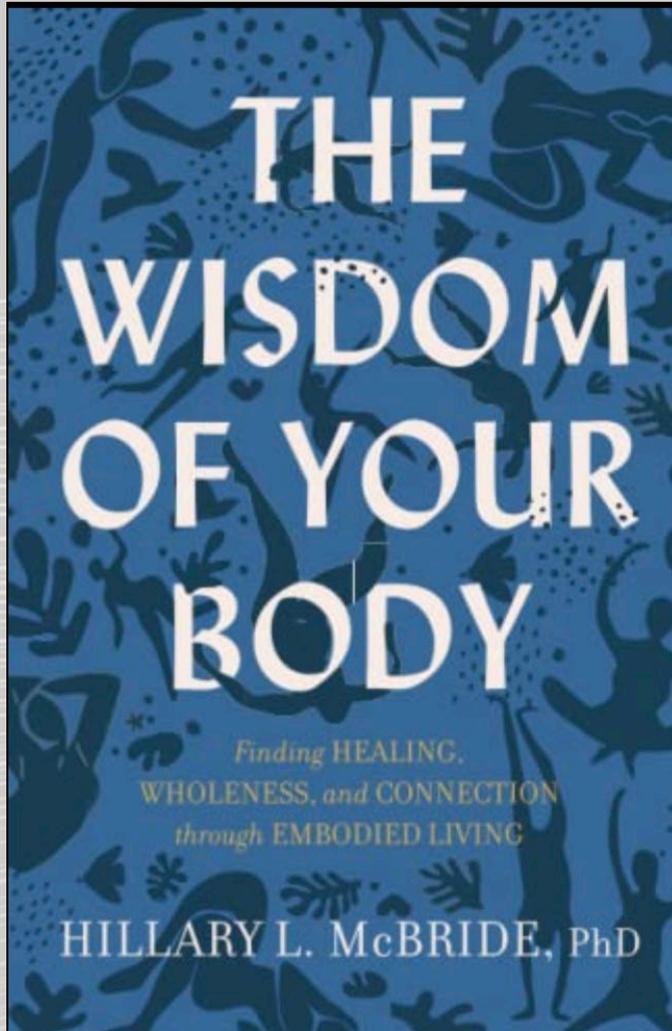
**→ A theology of Emotion**

**Tonight: Emotions and Embodiment**

**Next Week: Grief + Joy = Theology**



# EMOTIONS AND EMBODIMENT – HILLARY MCBRIDE



What does our culture have to say about feelings?

Emotions are useful!

Categories of emotions:

- ❖ Anger
- ❖ Sadness
- ❖ Disgust
- ❖ Joy
- ❖ Fear
- ❖ Excitement
- ❖ Desire

PIXAR Wisdom

# WHAT DO EMOTIONS MEAN?

Emotion	Survival Tool	Cultural Interpretation
<b>Anger</b>	Strength to fight, defend, change	Dangerous, violent, unfeminine
<b>Sadness</b>	Signal need for support, connection	Weak, embarrassing
<b>Joy</b>	Expand, heal, thrive	Selfish, irresponsible, inviting bad luck
<b>Fear</b>	On alert to protect	Weak, unreliable
<b>Excitement</b>	Explore and take risk	Too enthusiastic, not serious enough
<b>Disgust</b>	Something is harmful!	Threatening, judging
<b>Desire</b>	Meet needs, pleasure	Dirty, unholy

# SMALL GROUP CONVERSATION

What did you learn about  
emotions growing up?

Are some emotions more  
acceptable than others?



# E-MOTIONS = ENERGY IN MOTION

**Emotions are always embodied  
Not the same as talking about them!**

**It can be hard to feel emotions**

- ❖ **numbing**
- ❖ **foreboding joy**
- ❖ **perfectionism**

**Emotions rise and eventually fall**

**Doorways to our inner landscape**

**Emotional regulation**

# EMOTIONS AS TEACHERS

**What is happening in your body?**

**What sort of wave is the emotion?**

**What is happening in your mind?**

**Be compassionate**

**Be curious**



# SMALL GROUP CONVERSATION

How do you experience grief in your body?

How do you experience joy in your body?

Has this changed over time?

