

## Dealing with Disappointment

### A. Realities of Disappointment

#### 1. What is Disappointment?

a. Disappointment is an \_\_\_\_\_ of being \_\_\_\_\_ in expectation or hope.

- Emotions should never be a believer's guide to live by

b. Disappointment by itself is not \_\_\_\_\_ but can turn into \_\_\_\_\_.

#### 2. Why do you get disappointed?

a. Two key reasons for disappointment: putting expectations and hope in \_\_\_\_\_ and/or \_\_\_\_\_ which ultimately do not meet your \_\_\_\_\_ or \_\_\_\_\_.

b. You can be disappointed over little or large things.

- Can you be disappointed in God?

### B. Reacting or Responding to Disappointment

#### 1. What happens when you react to disappointment?

- The strangers on the road to Emmaus - Luke 24:13-35

- Mount Carmel 1 Kings 18-19

## **2. How should you respond to disappointment?**

- a. Walk by faith trusting the Lord (Galatians 5:16, Joshua 1:9, Psalm 118:8, Romans 15:13, Proverbs 3:5-6)
- b. Pray (1 Peter 5:7, Philippians 4:6, 1 Thessalonians 5:16-18)
- c. Give thanks (1 Thessalonians 5:18, Psalm 73:23-26, Habakkuk 3:17-18)

## **C. Reducing Disappointment**

### **1. Challenges for your thoughts:**

- a. What should your hope be in?
- b. Who are you trusting in?
- c. What is your perspective?
- d. Disappointments are consequences of a sin cursed world. The whole world lies under the sway of the wicked one, why would you expect more from it?
- e. If your circumstances or the people around you do not change, what will you do?
- f. If someone disappoints you, forgive and move on
- g. Don't let the emotion of disappointment turn into sin.
- h. Will you be content with where the Lord has you and what He has provided to you?
- i. You need to remember that God is good! He is using this very moment for your Spiritual good.
- j. Keep your eyes on Christ the author and finisher of your faith.
- k. Are you thankful and content?