



# In Christ Washington Church

## **How To Deal With Disappointment**

### *ORIGINS (SOURCES) OF DISAPPOINTMENT*

#### Lesson 1

## Connection

- Have you ever bought anything advertised? If it haven't fulfilled your expectations, how would have felt about it?
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## Definition

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## Impacts

- Sadness
- Anger
- Unworthiness/Unhappy

## Exploration

### **1. The Origin/Source of Disappointment is Disobedience**

- o Ezekiel.6:9

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○ Isaiah,63:10

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## **2. The Origin/Source of Disappointment is Envy**

○ 1 Timothy.6:4

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○ 1 Peter 2:1-3

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## **3. The Origin/Source of Disappointment is Impatience**

○ Romans.15:5-6

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○ Ephesians.4:1-3

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## **4. The Origin/Source of Disappointment is Rebellion**

○ Hebrews,3:7-11

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○ Psalm.68:6

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## **5. The Origin/Source of Disappointment is Forgotten/Ignored**

○ Proverbs.1:24-33

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○ Hosea.4:6

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## **6. The Origin/Source of Disappointment is Distrust**

○ John.2:23-24

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○ Jeremiah..13:25

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# Reflection

- When you were disappointed with God or others, what was it that you wanted? Why did you want it so badly? How did you express them? Name your emotions.

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- When you were disappointed with God or others, what was the role of disobedience in those experiences? How did you express your feelings of disappointment in those situations?

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- When you were disappointed with God or others, what was the role of envy in those experiences? How did envy affect your emotions in those situations?

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- When you were disappointed with God or others, what was the role of impatience in those experiences? How did impatience intensify your emotions in those situations?

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- When you were disappointed with God or others, what was the role of rebellion in those experiences? How did you react or justify your emotions in those situations?

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- When you were disappointed with God or others, what was the role of distrust in those experiences? How did you express your emotions in those distrust caused disappointment moments?

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- Make a list of things that haven't gone as expected? How does it affect your relationship with God or others.

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