



In Christ Washington Church

How To Deal With Disappointment

Disappointment with God & Others

Lesson 3

Connection

- Have you ever experience disappointment when your life doesn't go the way you have hoped or planned?
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Impacts

- We will disappoint God when
 - We disobey God's word
 - When we disbelieve God's word
 - When we are in disunity
 - When we discord God's timing
 - When we disrupt God's plan

Exploration

Disappointment with God

1. When we think that God allows the unsatisfactory or unacceptable situation

○ Habakkuk.1:2-4

○ Lamentations.3:1-3

2. When we think that God does not keep his covenant and his promises

○ Psalm.44:17-19

○ Psalm.89:34

3. When we think that God does not save in the present as he did in the past

○ Psalm.10:1

○ Psalm.77;7-9

4. When we think that God does not answer to our prayers

- Psalm.22:4-6

- Psalm.39:12

5. When we think that God does not reveal the duration of our sufferings

- Psalm.13:1-4

- Psalm.35:17

Disappointment with People

1. When we think that we are rejected, we will disappoint with the people.

- Isaiah.53:3

○ 1 Peter.2:4

2. When we think that we are let down, we will disappoint with the people.

○ Psalm.10:13-14

○ Ephesians.4:26

3. When we think that we are betrayed, we will disappoint with the people.

○ Psalm.41:9

○ Psalm.55:12-13

4. When we think that our needs are unmet, we will disappoint with the people.

- Hebrews.10:14-15

- Proverbs.13:12

5. When we think that we are judged, we will disappoint with the people.

- James.4:11-12

- 1 Corinthians.4:5

Reflection

- What are the disappointments you have with God and with people. Name them and give reason for each disappoint.

- When you think that God disappoints you, how do you express your disappointments with God?

- When you think that people disappoint you, how do you express your disappointments with people?

- When you feel that God's plans, process and timing do not line up with your own, how do you process the inevitable disappointments?

- When you feel that you can't always change our circumstances and people out of your own will, how can you turn your disappointments into something positive?
