



In Christ Washington Church

How To Deal With Disappointment

Biblical Tools to Manage Disappointments

Lesson 4

Connection

When you disappoint you, what do you do with the disappointment?

Recap

Disappointment with God

- When we think that God allows an unsatisfactory or unacceptable situation, we will disappoint God.
- When we think that God does not keep his covenant and his promises, we will disappoint God.
- When we think that God does not save us in the present as he did in the past, we will disappoint God.
- When we think that God does not answer our prayers, we will disappoint God.
- When we think that God does not reveal the duration of our sufferings, we will disappoint God.

Disappointment with People

- When we think that we are rejected, we will disappoint the people.
- When we think that we are let down, we will disappoint the people.
- When we think that we are betrayed, we will disappoint the people.
- When we think that our needs are unmet, we will disappoint the people.
- When we think that we are judged, we will disappoint the people.

Exploration

1. When we are disappointed, first recognize the disappointments.

- Psalm.32:5
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- 1 Timothy 4:15-16
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2. When we are disappointed, take them to the Lord in prayers

- Philippians.4:6-7
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- 1 Peter.5:6-7
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3. When we are disappointed, realign our perspectives on our expectations based on the word of God

- Psalm.73:26
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- 2 Corinthians.4:17-18

4. When we are disappointed, learn from them and let them go

- Romans.8:28
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- Hebrews.12:1
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5. When we are disappointed, thank God for maturing us through them.

- 1 Corinthians.13:11
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- Psalm.144:1
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6. When we are disappointed, focus on ultimate purpose God in our lives.

- Philippians.4:8
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- Proverbs.4:25

Reflection

- What are the ways do you acknowledge your disappointments? How do you reflect your disappointments?

- How do you deal with your disappointments? What are the ways you feel comfortable managing your disappointments?

- How does prayer help you to deal with your disappointments?

- How do you align your priorities with the word of God when you face disappointments??

- What are the ways you let go of the disappointments and learn from them?

- What are the ways you thank God for maturing yourself through the disappointments?

- What are the ways you refocus on your purposes when you are disappointed?
