

## *Surviving the Summer*

*A series on surviving...and even thriving!*

*"I know how to survive..." Philippians 4:12a Voice*

### **"Surviving Disappointment"**

*"Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again-my Savior and my God!"*

*Psalms 42:11*

#### **A. What is the cause of disappointment?**

*"Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again-my Savior and my God!"*

*Psalms 42:11 NLT*

Disappointments can come from...

1. Unmet expectations.
2. Unfulfilled hopes.
3. Unstated assumptions about life.
4. Unrealistic demands.
5. Unrealistic goals.
6. Unrealistic expectations.

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matthew 11:28-30 The Message*

#### **B. What are the dangers of disappointment?**

*"I am shocked that you are turning away so soon from God, who called you to himself through the loving mercy of Christ. You are following a different way that pretends to be the Good News."*

*Galatians 1:6*

1. Disappointment can discourage.
2. Disappointment can destroy your faith.
3. Disappointment can turn into depression.
4. Disappointment can turn to bitterness.
5. Disappointments can build a negative outlook on life.

*"So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world." 1 Peter 1:13 NLT*

#### **C. How can we benefit from disappointment?**

1. Benefits come when we learn to live in the present.  
*"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes." Matthew 6:34 The Message*

2. Benefits come when we adjust our plans and widen our parameters.  
*"My thoughts are nothing like your thoughts," says the LORD. "And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts." Isaiah 55:8-9 NLT*

3. Benefits come when we learn balance.  
*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 NLT*

4. Benefits come when we build deeper friendships.  
*"A friend is always loyal and a brother is born to help in time of need." Proverbs 17:17 NLT*

5. Benefits come when we go deeper with God.  
*"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation." Romans 5:3-4 NLT*  
*"What shall we say about such wonderful things as these? If God is for us, who can ever be against us? Since he did not spare even his own Son but gave Him up for us all, won't He also give us everything else?" Romans 8:31-32 NLT*

6. Benefits come when we learn to steady our emotions and give praise to God, in spite of all the circumstances.  
*"This is the day the LORD has made. We will rejoice and be glad in it." Psalm 118:24 NLT*

#### **D. How should we handle disappointment?**

1. Believe in God's plan, in spite of disappointment.  
*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 NLT*

2. Grieve. It is a natural response to hurt and pain.  
*"The LORD is close to the brokenhearted; he rescues those whose spirits are crushed." Psalm 34:18 NLT*

3. Pray and draw near to God.  
*"Give your burdens to the Lord, and He will take care of you. He will not permit the godly to slip and fall." Psalm 55:22 NLT*

4. Listen and wait on the Lord.  
*"But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you." Matthew 6:6 NLT*  
*"Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord." Psalm 27:14 NLT*

5. Look for the good God is going to bring.  
*"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them." Romans 8:28 NLT*

6. Believe God can work in you and through you.  
*"For I can do everything through Christ, who gives me strength." Philippians 4:13 NLT*

7. Focus on our ultimate hope!  
*"That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever." 2 Corinthians 4:15-16 NLT*

Next week:

July 17 – Surviving Loneliness

*"So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you or abandon you." Deuteronomy 31:6*