

But First...

Part 4: How to Deal with Disappointment

WEEK OF JANUARY 30, 2022

Experiencing disappointment is inevitable. How we choose to respond makes all the difference.

MESSAGE NOTES AND HIGHLIGHTS

- “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” | John 16, v.33
- As people, we all have a form of amnesia. We have short and/or selective memories.
- To deal with disappointment, remember that we forget. We need regular reminders.
- Followers of Jesus need to have regular reminders and routines around scripture and gathering together to help us remember what is true and most important.
- Scripture is full of examples of people who experience disappointment.
- Don't be above reminders, and don't abandon your routines that remind you of what's true and what's healthy and what's good.
- To deal with disappointment, we need to understand the difference between reacting and responding, and choose to respond to our disappointment.
- A reaction is what we feel in the moment.
- A response is what we choose to do with intention.
- When we experience disappointment, we will have instinctive reactions. But then we need to choose how to respond.
- Psalm 73 - an example of the journey from reaction to response.
- When I tried to understand all this, it troubled me deeply till I entered the sanctuary of God; then I understood their final destiny. | Psalm 73, vv.16-17
- Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory. | Psalm 73, vv.23-24
- In reaction to disappointment, your feelings are valid, but often, your perception of what's true is inaccurate.
- We can't stay in the reaction phase. We can't trust our perception in the reaction phase.
- If you continue to feed your reaction, it could lead from disappointment to despair.
- The turning point for the psalmist was when he entered the presence of God.
- Do you have a way to access regular reminders about what's true and what's good and what's hopeful when you're dealing with disappointment?
- How you respond to disappointment all depends on what and whom you turn to in your disappointment.

DISCUSSION QUESTIONS

1. People are forgetful. What's something basic that you should definitely know, that you've been reminded of, but often forget anyway?
2. When we look at the bigger picture of scripture and see that people all throughout it experience disappointment and forget basic truths, how should that affect our expectations for our own lives?
3. When you experience disappointment, how do you typically react? Do you see truth and reality accurately? Do you move toward or away from God, truth, and sources of hope?
4. What regular cues, reminders, and routines can you build into your life so that when you experience disappointment, you can be reminded of what's true, good, and hopeful?