

Appointment with Disappointment

God is there for us in the disappointing times

Fun.
Faith.
Family.™

➤ Prayer Time: Begin with this prayer.

"Lord, we know that life brings both joy and disappointment. When life brings disappointment, we often forget that you are still in charge of this world. Help us remember that you really are in charge, that you can use disappointment to teach us how to live the Christian life. Amen"

➤ Warm Up Time: Complete this sentence: Disappointments happen to people because ...

➤ Talk Time:

Do you think you would be disappointed if you got everything you wanted?
When things don't go your way, how do you usually react?
What is the difference between regret and disappointment? *
How does God work in our disappointments?

* **Regret** is often the feeling of sadness or remorse we feel about something we did or did not do.
Disappointment involves something we did not get.

➤ Bible Time: God tells us in Ecclesiastes 3 (CEV) that

"Everything on earth has its own time and its own season. There is a time... for crying and laughing, weeping and dancing." We are assured that, though it always doesn't make sense, "God makes everything happen at the right time. Yet none of us can ever fully understand all he has done...".

If God is in charge, how should we handle disappointment? First, remember that God is in control. Second, realize our feelings of disappointment are part of life. It's OK to feel them! Third, give our disappointments to God even as we gratefully give thanks for all God has done for us. And fourth, understand that God uses our disappointments to teach us how to trust more deeply in a loving, caring God.

➤ Action Time: How does being a follower of Christ help us respond differently to disappointment? How would Jesus Christ want you to respond to a bad game? A friendship that ends? A boyfriend/girlfriend breakup? A setback at work?

"You have looked deep into my heart, Lord, and you know all about me. You know when I am resting or when I am working, and from heaven you discover my thoughts. You notice everything I do and everywhere I go. Before I even speak a word, you know what I will say, and with your powerful arm you protect me from every side. I can't understand all of this! Such wonderful knowledge is far above me." Psalm 139:1-6 (CEV)