

## How To Reset After Disappointment

We all experience disappointment for different reasons. **How we handle it is the crucial issue.**

The Bible is full of disappointed people!

### Moses—A Man Who Understood Disappointment

#### TWO KEY REASONS FOR DISAPPOINTMENT

1. Disappointed in people—
2. Disappointed in circumstances.

Moses:

(Exod. 4:10-13) - (Exod. 4:29-31) - (Exod. 5:1-2) - (Exod. 5:20-21).

**Moses was disappointed.** But in handling his disappointment he showed us what to do when our own expectations are not realized.

Exod. 5:22-23.

1. **Go to \_\_\_\_\_ with your Disappointment**

Exod. 6:1, 12

***What is God trying to reveal to you in the midst of disappointment?***

Num. 11:10-15

Num. 11:16-17

2. **Don't \_\_\_\_\_ - Get \_\_\_\_\_**

Num. 11:18-20

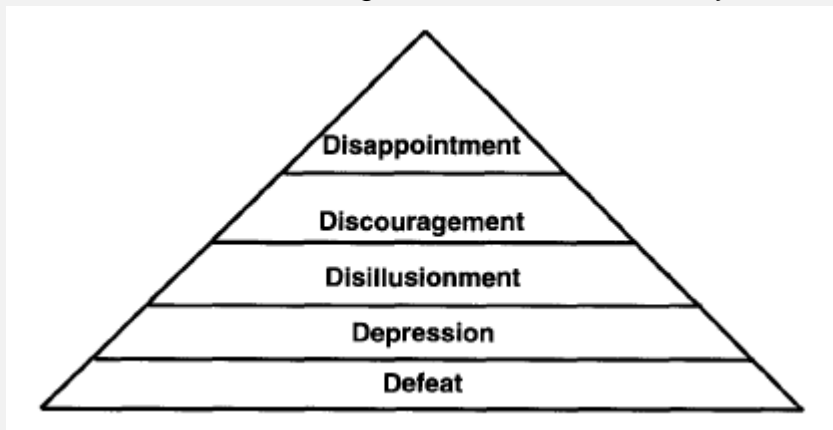
Deut. 3:26

#### **Disappointment: The First Seed of Doubt**

*Disappointment is the first seed of doubt that intrudes on our faith.*

**Think of disappointment as a \_\_\_\_\_ permitted by God to see if you'll continue trusting Him, obeying Him, and believing that He is good.**

Disappointment works in our lives like the wedge see the illustration on your handout



*Satan has a strategy to invade our spirits and bring us down until we are defeated.*

**How do we prevent the penetration of this deadly wedge into our spirits?**

1 Thessalonians 5:18:

\_\_\_\_\_—**the Antidote to Disappointment**

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.  
Whom have I in heaven but you?  
And earth has nothing I desire besides you. (Ps. 73:23-26)

Though the fig tree does not bud and there are no grapes on the vines,  
though the olive crop fails and the fields produce no food,  
though there are no sheep in the pen and no cattle in the stalls,  
yet I will rejoice in the LORD. I will be joyful in God my Savior (Hab. 3:17-18)

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. Psalm 42:11

Romans 5:5 **ESV** And hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.