



## DETOURS : DISAPPOINTMENT

**Truth:** Godly people experience great

DISAPPOINTMENT in life.

<sup>5</sup> In the days of Herod, king of Judea, there was a priest named Zechariah, of the division of Abijah. And he had a wife from the daughters of Aaron, and her name was Elizabeth. <sup>6</sup> And they were both righteous before God, walking blamelessly in all the commandments and statutes of the Lord. <sup>7</sup> But they had no child, because Elizabeth was barren, and both were advanced in years. -- *Luke 1:5-7 (ESV)*

**Truth:** My past disappointments create DOUBT  
for God's future PROMISES.

*Luke 1:8-20 (ESV)*

**Four unhealthy ways people deal with disappointment:**

1. JUDGE God.
2. ENVY others.
3. Throw a PITY PARTY.
4. Run to a FUNCTIONAL SAVIOR.

**How to deal with disappointment:**

1. Don't GIVE up before God SHOWS up.
2. Trust that God HEARS, CARES, and ACTS.
3. Go DEEPER with God.

**Truth:** God uses my disappointments to  
redirect my HOPE to Jesus.

*Luke 1:39-44 (ESV)*

## NOTES FOR FURTHER STUDY

### REFLECTION

- What is the greatest disappointment you have faced in your life? How did you react to that disappointment?
- What does the word "hope" mean to you? What are the main things you hope for? How does your hope help you through disappointment?

### DIGGING DEEPER

- Read *Luke 7:18-23*.
  - While John the Baptist was in prison, what question did he want to ask Jesus (v. 19)? What did his question reveal about his current attitude and doubts?
  - Do you think John the Baptist had good reason to be disappointed being held captive in prison?
  - When John the Baptist questioned Jesus, what was Jesus's response (v. 22)? How did Jesus's response address John's question? What was Jesus demonstrating about himself and about his abilities (including, by extension, his ability to free John the Baptist from prison if he wanted to)?
  - What do you think verse 23 means? What could cause us to be "offended" by Jesus when we are facing disappointment in life?
- Read *Romans 12:12*. What three commands are given here? How do each of these three commands help us combat disappointment?
- Read *Lamentations 3:17,21-24*.
  - Describe Jeremiah's emotions (v. 17). Have you ever felt similarly?
  - How could Jeremiah maintain hope in this midst of this suffering and disappointment (v. 21-24)?
  - What one thing did Jeremiah have remaining (v. 24)? How did Jeremiah's disappointment and suffering drive him closer to God?