

# **SHAKE IT OFF**

## **“Disappointment”**

**DISAPPOINTMENT: the feeling of sadness or displeasure caused by the non fulfillment of one's hopes or expectations.**

We all experience disappointment!

Disappointment leaves a wound!      **MAKES US GUARDED!**

-Abusive fathers, neglectful mothers, brutal neighborhood bullies, emotional trauma and heartache, premature deaths, personal rejection, physical, sexual and verbal violence, shattered friendships, broken marriages, divorcing parents.....THE LIST GOES ON AND ON!

**WE FEEL DISAPPOINTMENT BECAUSE OF THE HURT WE FEEL!**

Sin & death entered this world, and it is truly a pretty messed up place!

**John 16:33 “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.”**

So many of these things have happened to many of you in this room!

These memories get stored into our mind and affect our emotions and how we feel!

**-EMOTIONS ARE VERY REAL AND VERY POWERFUL!**

- Very hard to go away!
- Very hard to control!
- Very hard to HEAL!

SO WE STUFF THEM AWAY DEEP IN OUR HEART!

Locked away deep down in the protected part of our heart!

-Unless it gets BUMPED.....we can TRY TO IGNORE IT!

My prayer is to IDENTIFY some POSSIBLE contributing factors.....

..... to allow some HEALING!

- 1) WE
- 2) ME
- 3) THEE

1) WE

THERE ARE PEOPLE IN OUR LIVES THAT HAVE HURT US!

**Life can really hurt, relationships are hard and people can be cruel!**

-Some of you have been hurt by the SELFISH actions of others!

-Sexual, Physical and Emotional abuse all affect us!

IT MESSES WITH OUR OPERATING SYSTEM!

-Many have been hurt by some else's CARELESS & SELFISH choices!

**Proverbs 18:21 The tongue has the power of life and death.**

**Proverbs 12:18 The words of the reckless pierce like swords.**

WOUNDS RUN DEEP!

GOD WANTS TO HEAL YOU FROM YOUR DISAPPOINTMENTS & PAIN!

2) ME We take a look in the mirror!

In the first century in Jerusalem.....there was a pool named BETHESDA

This pool was 20 feet deep and the area was the size of a football field.

-this pool was spring fed and many people bathed there regularly.

-The pool had a superstition that when the angels stirred the water....the first one in got healed!

**John 5:1-9 Some time later, Jesus went up to Jerusalem for one of the Jewish festivals.<sup>2</sup> Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. <sup>3</sup> Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. <sup>5</sup> One who was there had been an invalid for thirty-eight years. <sup>6</sup> When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”**

**<sup>7</sup>“Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”**

**<sup>8</sup> Then Jesus said to him, “Get up! Pick up your mat and walk.” <sup>9</sup> At once the man was cured; he picked up his mat and walked.**

Do you want to get well?

SEEMS LIKE A COLD AND HEARTLESS QUESTION!

-JESUS KNEW HE WAS STUCK IN MENTALITY!

-His answer WASN'T YES.....

.....IT WAS "I can never get in the pool quick enough"

-Pastor.....gonna speak the TRUTH in LOVE!

SOME PEOPLE ARE STUCK!

LET ME BE ABSOLUTELY CLEAR!

-I am not blaming ANYONE for the hurt they have experienced from others!

THAT PAIN IS REAL AND WHAT THEY DID IS WRONG!

-I am talking about getting STUCK in the HEALING process!

**There is a big difference between being disappointed and living in disappointment!**

**DISAPPOINTMENT: the feeling of sadness or displeasure caused by the non fulfillment of one's hopes or expectations.**

SO A QUESTION FOR YOU

-Are your expectations unrealistic?

-THERE IS SOME TRUTH TO ADJUSTING OUR MINDSET!

WE.....We need to heal from the wounds of people!

ME.....I need to heal from my mindset!

### 3) THEE

Psychologists say there are five stages to grief.

- 1) shock and denial
- 2) anger
- 3) bargaining "If I had only"
- 4) depression
- 5) acceptance

\*Different for everyone.....(different time frames and factors)

-KEY IS NOT TO GET STUCK!

I BELIEVE THAT MANY TIMES CHRISTIANS NEVER HEAL BECAUSE WE NEVER ALLOW OURSELVES TO GET PAST THE ANGER STAGE.

"Everything has a purpose" RIGHT?

"God must have wanted them more than I needed them" RIGHT?

"God knew I was strong enough to handle being sexually abused" RIGHT?

SO MANY.....STUFF AND GET ANGRY!

-WELL MEANING PEOPLE SAY....."JUST GIVE IT TO GOD"

THAT IS THE RIGHT ANSWER!!!! BUT HOW?

FIRST: TELL HIM YOU ARE DISAPPOINTED! (HE ALREADY KNOWS)

TRUTH: GOD DIDN'T DESIRE FOR ANY OF THAT TO HAPPEN TO YOU! HE WANTS TO BRING HEALING TO YOUR HEART AND MIND!

Sometimes we are scared to let our real emotions out to God.

**-we try to say the right thing instead of what we really feel.**

LOOK AT DAVID:

1 Samuel 13:14 says, “David was a man after God’s own Heart.”

David had a closer relationship to God than any other person ever on this earth with the exception of Jesus.

The closer a relationship.....the more real you can be about the way you feel.

**Psalm 10:1 “Why do you stand far off, why do you hide yourself in times of trouble?”.....(13 more verses of complaining)**

**Psalm 22 1-5 “My God, my God, Why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning? O my God, I cry out to you by day, but you do not answer, by night, and am not silent.**

**Psalm 43:2 “You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy.”**

**Psalm 88:14 “Why O lord do you reject me and hide your face from me”**

**DAVID IS A CLASSIC EXAMPLE OF BEING REAL WITH GOD!**

IN A DEEP RELATIONSHIP.....HONESTY IS KEY

“GOD WANTS OUR HONESTY”

David was honest with God, and he was known as “A man after God’s own heart”

**GOD DOESN’T WANT YOU STUCK.....HE WANTS YOU HEALED!  
God created us to heal: HEALING OF A WOUND! SCAB HEALS!**

**2 Corinthians 1:2-4** Grace and peace to you from God our Father and the Lord Jesus Christ.<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, <sup>4</sup> who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

GOD WILL USE YOUR DISAPPOINTMENTS TO HELP HEAL OTHERS!

HERE IS THE PROMISE TO ALL:

**Psalm 34:18** The LORD is close to the brokenhearted and saves those who are crushed in spirit.

WE: I need Jesus to help me heal! Hurt only HE understands!

ME: I need Jesus to help me heal! I AM STUCK! Need help!

THEE: I need Jesus to help me heal! I NEED TO BE REAL!

BOLD PRAYER: Jesus.....come meet me in my Hurt & Disappointments!