

new Life

Susceptible

likely to being affected by
something

Disappointment

a feeling of sadness or frustration

➤ because something was not as good or satisfactory as expected

➤ because something hoped for did not happen

Disappointment happens when our
expectations do not line up with our
experiences

When the picture in my head does
not look like the picture I see

“God what am I doing here?”

I heard this:

“You think disappointment is small”

“You think disappointment is harmless”

“You think you can handle
disappointment just fine”

“Disappointment needs to be
dealt with”

“Disappointment is a gateway to
other destructive emotions”



Fear

Worry

Anger

Cynicism

Despair

Discouragement

Disappointment

“A plan is just a list of things that do not happen”

“Do not blame people for disappointing you; blame yourself for expecting too much from them”

“Never get too attached to anyone, it will lead to expectations and expectations always lead to disappointments...Anticipate everything and expect nothing.”

“Disappointments are just God’s way of saying: I have got something better. Be patient, live life and have faith.”

“Cut your expectations short lest you wallow in disappointments. But take time to differentiate between dreams and expectations or drown in sorrowful displeasure.”

I refuse to water down my
expectations to remedy
disappointment

“After being disappointed so many times, you start to lose hope in everything”



Disappointment

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graph TD; D[Disappointment] --> F[Fear]; D --> W[Worry]; D --> A[Anger]; D --> C[Cynicism]; D --> Des[Despair]; D --> Disc[Discouragement]; G[God];
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Fear

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God

Lamentations 3

Vs 1

I am the man who has seen
affliction by the rod of His wrath

Vs 2-17

- walk in darkness rather than light
- my skin and my flesh grow old
- surrounded me with bitterness/hardship
- dwell in darkness like those long dead
- walled me in so I cannot escape
- weighed me down with chains
- barred my way with blocks of stone

- made my paths crooked
- dragged me from the path
- mangled me and left me without help
- laughingstock of all my people
- I have been deprived of peace
- I have forgotten what prosperity is

Vs 18

So I say, "My splendor (strength) is gone and all that I had hoped from the LORD."

Vs 19-20

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

Vs 21

Yet this I call to mind and
therefore I have hope:

Vs 22a

Because of the LORD's great
love...

Romans 8:38-39

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Ephesians 2:4-5

But because of His great love for us,
God, who is rich in mercy, made us
alive with Christ even when we were
dead in transgressions-- it is by grace
you have been saved.

1 John 3:1

How great is the love the Father has
lavished on us, that we should be
called children of God!

I am standing in
God's Great Love!!!

Vs 22

Because of the LORD's great
love we are not consumed...

2 Corinthians 4:8

We are hard pressed on every side,
but not crushed; perplexed, but not
in despair; persecuted, but not
abandoned; struck down, but not
destroyed.

I am still alive!!!

I am Standing in God's
Great Love and I am
Still Alive!!!

Vs 22

Because of the LORD's great
love we are not consumed for
His compassions never fail.

I am Connected to
God's Constant
Supply!!!

I am Standing in God's Great
Love, I am Still Alive and I
am Connected to God's
Constant Supply!!!

Vs 23

They are new every morning
great is your faithfulness.

God is here

He has never, not been here

I am Standing in God's Great
Love, I am Still Alive, I am
Connected to God's Constant
Supply; that Supply is Flowing
Now, and God is with me at this
Very Moment!!!

Vs 24

I say to myself, "The LORD is
my portion; therefore I will wait
for Him."

Vs 25-26

The LORD is good to those whose hope is in Him, to the one who seeks Him; it is good to wait quietly for the salvation of the LORD.

Disappointment will lead me somewhere → **God**

Fear

Worry

Anger

Despair

Cynicism

Discouragement

