

Sunday, June 7, 2015
Dealing with Disappointment
Genesis 40:23-41: 1
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Joseph has modeled:

Resilient people do not allow the past to dictate the future.

Resilient people have convictions in their life before the temptations come.

Resilient people bloom where they are planted.

Resilient people bounce back from the many disappointments in life.

Principle #1: Disappointment is often the distance between our _____ and _____.

Principle #2: A key to handling disappointments in a healthy way, is to have _____ expectations.

How do we know if our expectations are realistic?

1. Take into consideration how reliable the person has been in the past.
2. Try to understand the hard wiring of the individual
3. What is their level of maturity? I.e. Age and stage of life.
4. Does your expectation ultimately want them to be better or for you to feel better?
5. What is my hard wiring?
6. Is the person a Christian or not?

Principle #3: We must respond to all disappointments with _____.

1. We need to be honest with the person who has disappointed that we have been hurt.
2. Are we being honest with ourselves about our feelings?
3. We need to forgive the person. Recognizing that we have been forgiven as well.

APPLICATION QUESTIONS:

1. Who recently has been a disappointment in your life? Was the person completely aware of your expectations?
2. Considering all the variables do you think your expectations are realistic?
3. Have you allowed disappointments to pile up on you so as to cause a root of bitterness to take place? Or can you still treat that person with compassion and kindness?