

# Disappointed

*Lets dive into disappointment*

## WHAT HAVE YOU BEEN FEELING?

Introduction: Share a personal story of ways you've been disappointed throughout the pandemic.

Transition: John the Baptist's moment of doubt can teach us a few lessons about how to deal with disappointment.

Read Matthew 11:1-6 (NIV):

After Jesus had finished instructing his twelve disciples, he went on from there to teach and preach in the towns of Galilee.

When John, who was in prison, heard about the deeds of the Messiah, he sent his disciples to ask him, "Are you the one who is to come, or should we expect someone else?"

Jesus replied, "Go back and report to John what you hear and see: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. Blessed is anyone who does not stumble on account of me."

Big Ideas:

John the Baptist expressed a moment of doubt when he asked Jesus, "Are you the one who is to come, or should we expect someone else?"

His idea of Jesus, the Messiah, was to lead the Jews to overthrow the Romans. Jesus had a very different mission. John's moment of doubt was most likely rooted in disappointment.

Furthermore, John was in prison and would soon be beheaded. It was a huge let down for him to miss out on all the amazing things Jesus was doing.

Key Application Points:

We've all been disappointed due to COVID-19 and the "new normal".

It's easy to ignore negative emotions, but better to recognize what's going on inside of us. Allow yourself to feel the disappointment, anger, resentment, depression, etc. Give yourself permission to feel.

Realize that much of life is out of your control. Let go. Surrender to God.

When you finally accept reality as it is, peace will eventually follow.

"Learn to be at peace with the tension between how you want life to be and reality." –  
Quote

God is with you. He is present in the chaos, uncertainty, change, disappointment, anger, etc. Just look for what he is doing in and around you.

Discussion Questions:

In what ways have you been disappointed over the past few months?

What negative emotions have you felt recently? And why?

How do you express disappointment?

When life doesn't go how you thought it would, do you feel that God abandoned you?  
Why or why not?

Is the idea of "surrendering to God" easy or difficult for you?

## PARENTS

1. What are some challenges you are facing as a parent?
2. What are some things your children can do for you to help you to have a better norm?
3. How are you doing in all of this?

Being honest with your family and letting them know you have had disappointment may help them to also speak up about theirs and ultimately grow closer as a family.

## Bring in the clowns

Paint your faces, happy, sad, indifferent however you are feeling. Yet try to cheer each other up. It is not easy being a clown, to always be happy put on a smile, maybe your family is struggling with something. CAN PURPOSEFULLY trying to cheer each other help you all stay happier and healthier? Make it a point in the next week to cheer each other up!!!

Trust that God will provide, know that HE has a plan and it is ok to be disappointed. Just as long as you see that God is in control.

## Picnic

*We are having a socially distant picnic July 31st from 6:30-8:30 bring a blanket, your favorite snacks and come say hi to your church family. This is not a gathering where we all get to hold hands, but we do get to see each other and wave and get back to a sense of COMMUNITY. God did not give us a spirit of fear. Thats the devils work, we need to show our strength, our unity and our love for eachother so that our children will not part from "gathering" for the sake of Christ in the future.*

*We are a community, a family, a church and this gathering will be a celebration of our freedom to seek God first in all things!*