

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:

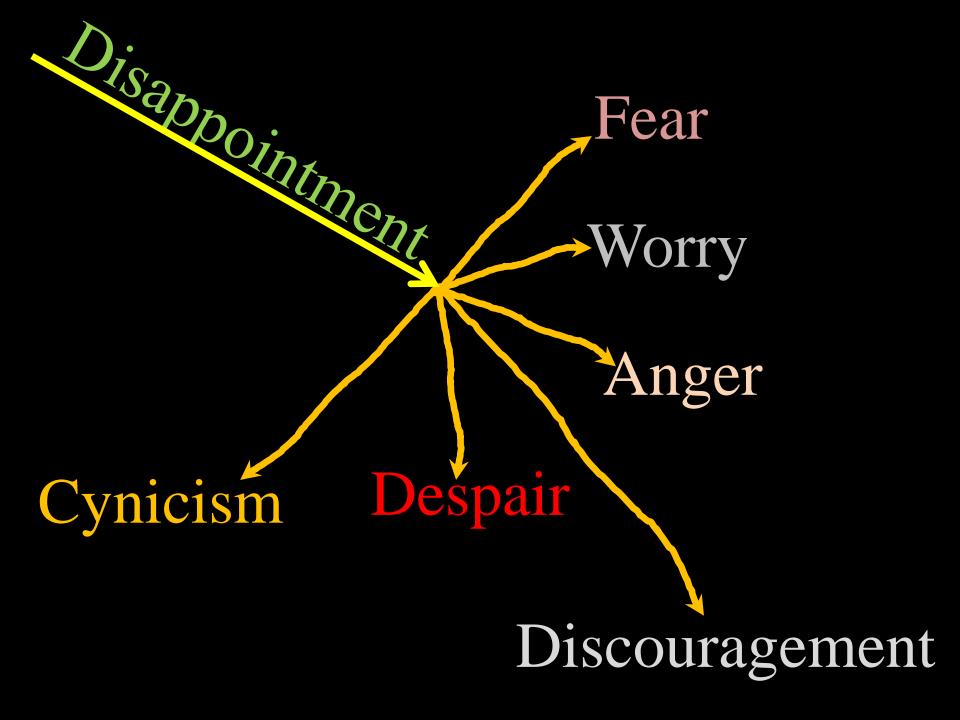
"You think disappointment is small"

"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"



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

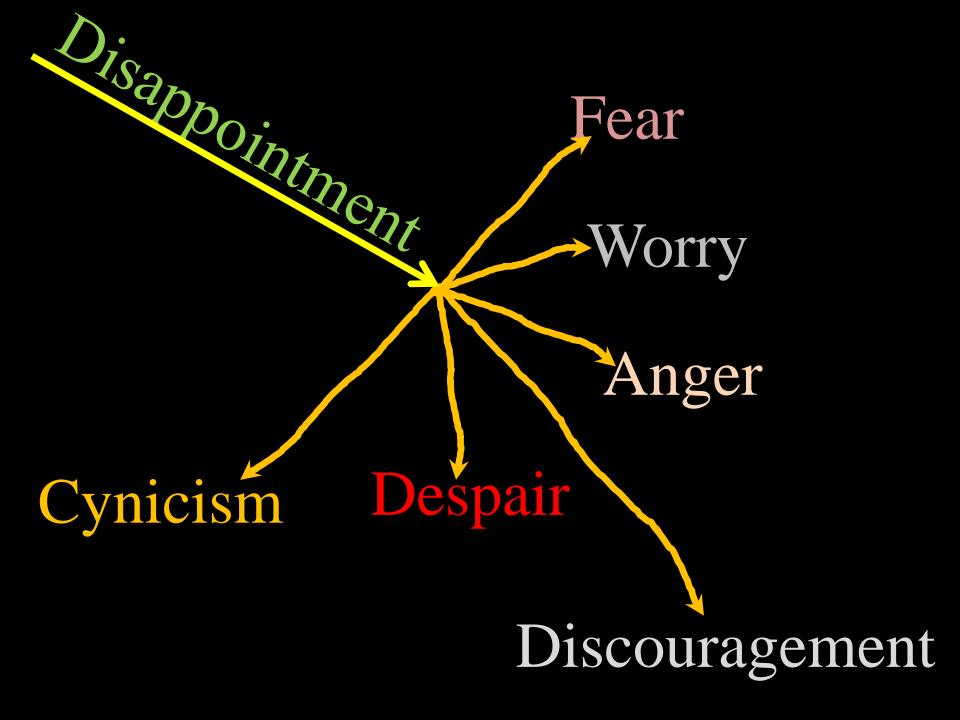
"Do not blame people for disappointing you; blame yourself for expecting too much from them" "Never get too attached to anyone, it will lead to expectations and expectations always lead to disappointments...Anticipate everything and expect nothing."

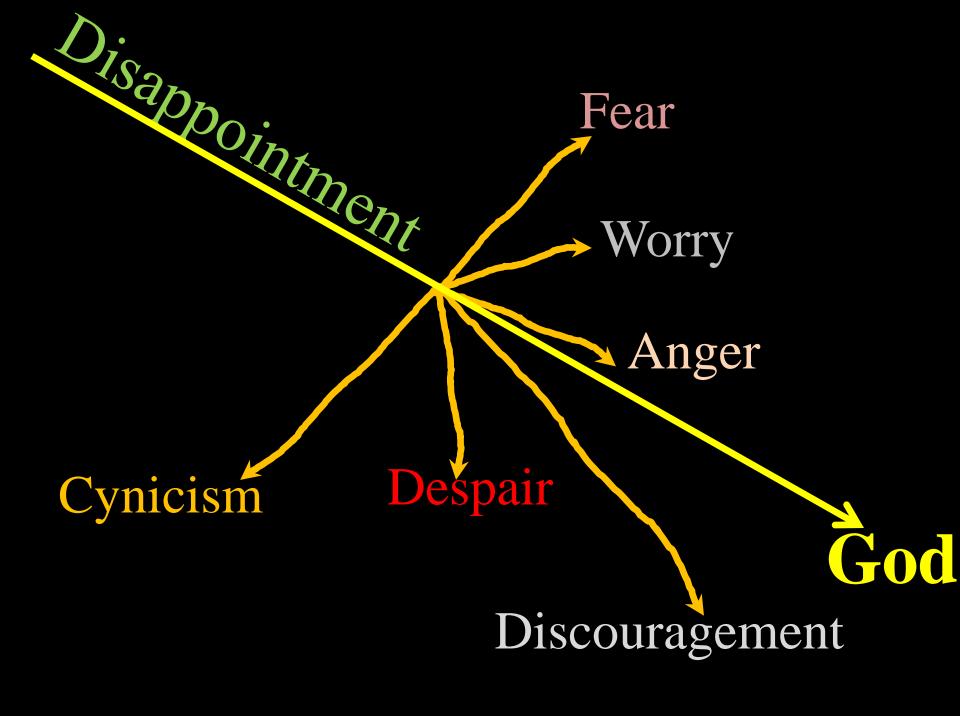
"Disappointments are just God's way of saying: I have got something better. Be patient, live life and have faith."

"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"





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
- In the 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.

Ys 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!!!

\overline{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.

