



DISCUSSION GUIDE

April 12/15, 2018

Disappointed?

BIG IDEA: How we deal with disappointment determines our destiny.

GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

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KEY VERSE

"In this world you will have trouble. But take heart! I have overcome the world."

John 16:33

POTENTIAL NEXT STEP

This week, ask God to reveal to you someone He is inviting you to forgive. Identify what was taken, acknowledge it, and then release it. Cancel the debt and credit the account.

MAIN POINTS & SCRIPTURES

Hope is the belief in the goodness of God despite disappointments. We all have or will experience disappointment. **(Luke 17:1, John 16:33)** It's not whether disappointment will come, it's what will we do when it does. How we handle disappointment determines the quality of our life, health of our heart, and can lead us to the abundant life God has for us. **(Proverbs 13:12)** Finding hope in the midst of disappointment is the pathway to our destiny. **(Genesis 37:19-20, 23-24, 28)** Here are some ways to deal with relational disappointment:

1. Receive God's grace:

- For our failures.** When we become aware of how we hurt people, we don't focus on how they hurt us. **(Matthew 7:3-5)** Jesus went to the grave (the pit) because of our failures **(Romans 5:8)**, so we need to receive God's grace for our failures first.
- For our heart.** Unhealthy expectations are one of the primary reasons we are disappointed. We try to get from others what can only be found in God. **(John 3:27)** Only God can give us security, significance, identity, value, worth, peace, and joy. Like Jesus, we need to remember what we already have in the Father; identity, security, value, peace, and joy.
- For our relationships.** We tend to disappoint others and throw people in our life into the pit. The story of Joseph's brothers reminds us that hurting people hurt people. **(Genesis 37:3-4)** In life, when we are hurt or disappointed in people, if we can step back and see their pain, it's amazing how we can start to give grace. **(1 Corinthians 13:4-8)** We all need God in order for us to be able to extend the same grace we want others to give us.

2. **Share your heart with God.** When God is all we have, we discover that God is all we need. The Lord was with Joseph and He is with us. **(Genesis 39:2)** The purpose of the pit is always to draw us closer to God. **(Jonah 2:1-2)** When people are far, the Lord is close. **(Psalm 34:18, Psalm 27:10, Psalm 22:5 TPT)**

3. **Choose to forgive and start to heal.** Joseph shows us what genuine forgiveness from the heart looks like when we look at his encounter with his brothers twenty years later. Joseph had chosen to forgive them a long time ago. **(Genesis 50:15-21)** Here is what we learn about forgiveness from Joseph:

- Forgiveness is supernatural.**
- Forgiveness is a choice, not a feeling.**
- Forgiveness doesn't require an apology.**
- Forgiveness acknowledges what's been taken.**
- Forgiveness cancels the debt and credits the account.**
- Forgiveness trusts God with the future.**

DISCUSSION

- Share a time when you have been disappointed by unmet expectations. How has the revelation that only God can give you everything changed your thinking? (See point #1)
- When was the last time you were in a relational pit? Did you share your disappointment with God about it? (See point #2)
- If something has been taken from you, have you identified, acknowledged and released it? (See point #3)
- What is the Holy Spirit saying to you? What is your next step in forgiveness?**