



Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 2 // HANDLING DISAPPOINTMENTS

Big Idea: Disappointments can be “lifequakes” that derail us and shake our faith and resilience. To handle them well, expect life and people to treat you unfairly and choose to become better rather than bitter through your disappointments.

Genesis 37:23-24, 27 (NIV) *So when Joseph came to his brothers, they stripped him of his robe ... 24 and they took him and threw him into the cistern 27 “Come, let’s sell him to the Ishmaelites.”*

Hebrews 12:1b-3 (NLT) *And let us run with endurance the race God has set before us. 2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne. 3 Think of all the hostility he endured from sinful people; then you won’t become weary and give up..*

Psalm 37:1-3 (NLT) *Don’t worry about the wicked or envy those who do wrong. 2 For like grass, they soon fade away. Like spring flowers, they soon wither. 3 Trust in the LORD and do good. Then you will live safely in the land and prosper.*

Genesis 39:21-23 (NLT) *But the LORD was with Joseph in the prison and showed him his faithful love. And the LORD made Joseph a favorite with the prison warden. 22 Before long, the warden put Joseph in charge of all the other prisoners and over everything that happened in the prison. 23 The warden had no more worries, because Joseph took care of everything. The LORD was with him and caused everything he did to succeed.*

Start Talking:

What is one significant disappointment that you navigated well by God’s grace? Or talk about a disappointment you have had a hard time handling.

Start Thinking:

Read Genesis 37:17-27. Why is it helpful to expect life and people to treat you unfairly? How does this affect how you process disappointments?

Read Hebrews 12:1-3. How does our faith in Jesus and what He did for us equip us to handle disappointments well?

Read Psalm 37:1-3. What do you learn from these verses about dealing with disappointments?

Read Genesis 39:21-23. How can the story of Joseph in Genesis 37-50 encourage you as you face disappointments in your life?

Start Praying and Doing:

Pray that God will grow your faith in Christ and what He has done for you as a strong foundation for dealing with disappointments that come your way. Look for opportunities this week to become better, rather than bitter, as you navigate even the little disappointments with faith in God’s Word!