

# Lifequakes

STAYING SANE IN STRESSFUL TIMES

## LESSON 3 // HANDLING DISAPPOINTMENTS, PART 2

**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. Also do right when others do wrong, trusting God to bring the best out of the worst.

**Psalm 37:3-4 (NLT)** *Trust in the LORD and do good. Then you will live safely in the land and prosper. 4 Take delight in the LORD, and he will give you your heart's desires.*

**Romans 8:26-28 (NLT)** *And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. 27 And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. 28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

**Genesis 50:19-21 (NLT)** *But Joseph replied, “Don't be afraid of me. Am I God, that I can punish you? 20 You intended to harm me, but God intended it all for good ... 21 No, don't be afraid. I will continue to take care of you and your children.” So he reassured them by speaking kindly to them.*

**Romans 12:17-21 (ERV)** *If someone does you wrong, don't try to pay them back by hurting them. Try to do what everyone thinks is right. 18 Do the best you can to live in peace with everyone. 19 My friends, don't try to punish anyone who does wrong to you. Wait for God to punish them with his anger. In the Scriptures the Lord says, “I am the one who punishes; I will pay people back.” 20 But you should do this: “If you have enemies who are hungry, give them something to eat. If you have enemies who are thirsty, give them something to drink. In doing this you will make them feel ashamed.” 21 Don't let evil defeat you, but defeat evil by doing good.*

### Start Talking:

Share about a time when God brought something good out of a disappointing situation in your life.

### Start Thinking:

**Read Psalm 37:1-4.** How can trusting and taking “delight in the Lord” help you handle disappointments?

**Read Romans 8:26-28.** What do you learn from these verses about how the Holy Spirit helps you when you face challenges and disappointments?

**Read Genesis 50:19-21.** Why is it so important to remember that God can turn evil intentions intended to harm you around for good? How does this equip you to respond in a godly way to disappointments?

**Read Romans 12:17-21.** Why is it both wrong and unwise to seek revenge against anyone who wrongs you? What is the wiser and right approach to this situation?

### Start Praying and Doing:

Pray for the Lord to grant you a heart of forgiveness and grace, like we see in Joseph. Thank God for His forgiveness provided for you in Christ and look for opportunities to be gracious and forgiving this week as you deal with challenging people. Also, memorize Ephesians 4:32: “Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you” (NLT).