

Text: Jeremiah 29:11

1. We find in Psalm 57:1 a prayer by David that shows us the character of His heart and faith in God. **“Be gracious to me, O God, be gracious to me, for my soul takes refuge in YOU; and in the shadow of Your wings I will take refuge until destruction passes by.”**
2. WHAT can we learn and live into is the truth that God is _____ swayed by disappointments. His plans are _____ deferred or changed as a result of sudden trials or heartaches.
3. ANYTHING that drives us to God is _____ for us. Disappointment, heartache, and sorrow are included there.
4. Listen to the words of the psalmist: (42:1-5) – **“As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while people say to me all day long, ‘Where is your God?’ These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”**
5. When disappointment strikes, do _____ give up and do _____ give in to thoughts of discouragement.
6. Disappointment is an _____ response to come failed expectation or some desire that we have.
7. One of Satan’s primary goals is to _____ you and me. He wants us to quit, throw in the towel, and walk away from the work of the plan that God has given us.
8. If Satan can depress you and create anxiety within you, he will do it because he believes he will be on his way to gaining a _____ in your life.
9. _____ is a weapon that the enemy will try to use against you. However, you do NOT have to allow him to gain access to your thoughts or your life through disappointment.
10. One way to move past the landmine of disappointment is to _____ its type and source. Without a doubt, Satan is the #1 culprit. His existence is devoted to seeking ways to DAMAGE our testimony and prevent us from fulfilling God’s will.

11. There are many consequences of disappointment:
- A. The one that tops the list is _____.
 - B. Another consequence of disappointment is a _____ mind.
 - C. We want to _____ someone for our problems, or we blame God.
 - D. We become _____, and if this is not taken care of quickly, we will become depressed and self-centered.
 - E. Disappointment leads to _____.

12. Steps to moving beyond disappointment:
- A. Realize that God is _____ of your circumstances.
 - B. _____ that disappointment is a part of life.
 - C. Be _____ because hope is contagious.
 - D. Recognize that disappointments can be _____.

13. Psalm 23 (Common English translation): “The LORD is my shepherd. I lack nothing. ² He lets me rest in grassy meadows; he leads me to restful waters; ³ he keeps me alive. He guides me in proper paths for the sake of his good name. ⁴ Even when I walk through the darkest valley, I fear no danger because you are with me. Your rod and your staff— they protect me. ⁵ You set a table for me right in front of my enemies. You bathe my head in oil; my cup is so full it spills over! ⁶ Yes, goodness and faithful love will pursue me all the days of my life, and I will live in the LORD’s house as long as I live.”

14. Important principles written within Psalm 23:

- A. Realize David wrote these words during a very _____ time.
- B. David _____ that there was a problem.
- C. David understood that God did _____ send the trial he was facing.
- D. David did NOT shift his _____; it remained on God.
- E. David _____ with his mouth that God would do exactly what He has promised.

15. “What disappoints us MOST in life, is the picture in our head of HOW it’s supposed to be.”

16. “Disappointment are just God’s way of saying: ‘I have got something better. Be patient, live life and have faith.’”

