**Stormproof – How to Handle Disappointment**

8/10/25 – HS Class

Review from last week: "Stormproof" means resistant to damage or destruction from storms. It implies the ability to withstand the storms of life that come our way! Over the next month we will look at how to deal with certain storms in our life such as… Disappointment, Pain, & Temptation. The answers will overlap but always come back to the same source – God’s Word!

**Class Objective:**

To help students understand disappointment from a biblical perspective and to learn how to respond to it with faith, trust, and perseverance.

**1. Introduction**

* “When was the last time you felt disappointed?”
* “What kinds of things disappoint us? (People, ourselves, God, unmet expectations?)”
* **Transition Thought:** Disappointment is a part of life — even for faithful people — but how we respond matters deeply to God.

**2. Definition and Causes**

* **Definition:**
	+ *Disappointment is the feeling of sadness or displeasure caused by the non-fulfillment of one's hopes or expectations.*
* **Common causes:**
	+ Unanswered prayers
	+ Broken relationships
	+ Failed plans
	+ Personal failure
	+ God's delays

**3. Biblical Examples of Disappointment**

| **Character** | **Situation** | **Response** |
| --- | --- | --- |
| **Elijah** (1 Kings 19:1–10) | After a great victory, he was discouraged and wanted to die. | God ministered to him physically, emotionally, and spiritually. |
| **Martha and Mary** (John 11:1–6, 21–27) | Jesus delayed coming when Lazarus was sick. | They still believed in Jesus, but wrestled with His timing. |
| **David** (Psalm 42 & 43) | Felt abandoned and overwhelmed. | Spoke truth to himself: “Hope in God...” |
| **Paul** (2 Corinthians 12:7–10) | Thorn in the flesh not removed. | Learned to depend on God's grace and strength in weakness. |

**4. Key Scriptures and Truths (15 mins)**

**🟢 Psalm 34:18 -** "The Lord is close to the brokenhearted..."

* **Truth:** God doesn’t abandon us in our pain. He draws near.

**🟢 Proverbs 3:5–6 -** "Trust in the Lord with all your heart..."

* **Truth:** Trust is key when we don’t understand God’s ways.

**🟢 Romans 8:28 -** "In all things God works for the good..."

* **Truth:** Even disappointments can be used by God for a greater purpose.

**🟢 Hebrews 12:11 -** "No discipline seems pleasant at the time..."

* **Truth:** Hardships may lead to growth and peace later.

**5. Healthy Responses to Disappointment**

* **Be honest with God** – He welcomes your raw feelings (see Psalms).
* **Pray and seek God’s perspective** (James 1:5).
* **Shift focus from “Why?” to “What now?”**
* **Trust in God’s plan and timing** (Isaiah 55:8–9).
* **Surround yourself with community** – don’t isolate.

**6. Practical Activity**

* **Reflection Card:** “What’s one disappointment I haven’t fully processed with God?”
* Invite students to write a prayer or a letter to God about it.
* Optionally, have a time of silent reflection or short prayer.

**7. Discussion Questions**

1. What’s one disappointment you’ve had that turned out for good later?
2. Why do you think God sometimes allows disappointments?
3. How can we help each other when we’re discouraged?
4. What’s one promise from Scripture you can hold onto when you’re disappointed?

**8. Conclusion**

* **Big Idea:** Disappointment is real, but God is greater.
* **Encouragement:** God works even through our letdowns. He never wastes our pain.
* **Challenge:** Bring your disappointment to God — don’t carry it alone.