

Dealing with Disappointment

The more we go after miracles the more we will need to process disappointment

How you Process Mystery and Disappointment:

(a) Be real

It is ok to be real with God and other people – be reverent with God but be real – Allowing yourself to *feel deeply can hurt but it is essential to healthy Christianity!*

- “It feels like you let me down God, but I know that you never would, it’s just how I feel right now - help me”.
- “Lord please give me wisdom to see this thing how you see it because at the moment I just feel so confused and disappointed”.

Don’t accuse God, blame God, wave your fist at God because He is God and you are not. He has a perspective that you don’t but He can cope with your deepest longing and pain. He is a good Father.

B) Worship

Try reading the Psalms and find a place that resonates with you and reflects what you are really feeling. Thankfully the Bible is a super-honest book when it comes to what people feel!

Psalm 13:1–2 (NIV)

¹ How long, O Lord? Will you forget me forever?
How long will you hide your face from me?
² How long must I wrestle with my thoughts
and every day have sorrow in my heart?
How long will my enemy triumph over me?

Why do you think John the Baptist sent his disciples to double check who Jesus Was?

Try it in different versions:

Psalm 13:1–2 (MSG)

¹⁻² 13 Long enough, God—
you’ve ignored me long enough.
I’ve looked at the back of your head
long enough. Long enough
I’ve carried this ton of trouble,
lived with a stomach full of pain.
Long enough my arrogant enemies
have looked down their noses at me.

Later In that same Psalm David says:

Psalm 13:5–6

⁵ But I trust in your unfailing love;
my heart rejoices in your salvation.

⁶ I will sing to the Lord,
for he has been good to me.

The Psalms are so helpful at being totally authentic but always centring us back on God and His goodness and power. Ultimately where else can we go when we recognise He has the words of eternal life?

C) Lay down Your Right to understand

Many of us believe that if we could understand why something has happened then we would be fine.

The truth is that life is full of mystery but there is a peace on offer that surpasses understanding, and to access it we have to choose to lay down our right to understand. Not always easy to do!

Philippians 4:6–7

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ **And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus**

Jesus and John The Baptist:

- Jesus had proclaimed freedom for the prisoners, but Jesus' cousin John is in prison?
- John is obviously conflicted by Jesus' proclamation of the Kingdom, and it must have been confusing in light of his present experience.
- **Ever felt like that** – “I have done everything you said God and look where it got me. What on earth is going on here?”

Jesus says this to John the Baptist's disciples:

Matthew 11:6

⁶ And blessed is the one who is not offended by me.”

We mustn't try and answer questions that God is not giving answers to.

One of the most freeing things we can say is **“I don't know”**

“To have questions is healthy; to hold God hostage to those questions is not”

Bill Johnson

Isaiah 55:8–9

⁸ “For my thoughts are not your thoughts,
neither are your ways my ways,” declares the Lord.

⁹ “As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

If God’s goodness is rooted in my understanding, I will too easily become disappointed with God and disappointment leads to offence with God and offence with God leads to a whole host of trouble.

d) Speak it Out: Declarations

Nothing happens without someone speaking – look at creation; God said ‘x’ and there was ‘x’ etc.

- Make it a habit to speak truth out – especially when it counters any lies you are believing. Come back to truth, speak it and sing it out because as you do that you are bringing life to yourself and those around you.
- Give thanks for what God is doing rather than focus on what He is apparently not doing.
- If you can’t see anything He is doing now deliberately remember His past faithfulness, goodness and character and speak it out. There is always something God has done even when you cannot see what He is doing now.
- Get good at sharing good news and celebrating, even in the valley times! When you look for good news, you will find it.
- These are all keys for digging into the Goodness of God.

Proverbs 18:21

²¹ The tongue has the power of life and death,
and those who love it will eat its fruit.

FIVE LIFE CHANGING BELIEFS WITH DECLARATIONS (Steve Backlund)

1. With God there is always a solution *Luke 1:37*
2. With God I will always know what to do *James 1:5*
3. With God I can do everything *Philippians 4:13*
4. With God I will always have the resources I need to do what needs to be done
Philippians 4:19
5. With God everything can be turned round for good *Romans 8:28*

Recommended Reading and Watching

Reading:

Pete Greig 'God on Mute'

Listening:

<https://godfirst.church/conferences-and-courses/open-heaven-2023>

Learning:

<https://prayercourse.org/home/>

&

<https://unanswered.prayercourse.org>