

MARCH  
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## OVERCOMING DISAPPOINTMENTS IN LIFE

*"They cried out, and they were saved; in you they trusted and they were not disappointed." Psalm 22:5 NET*

### WHAT IS DISAPPOINTMENT?

We all experience disappointments in our lives. A disappointment is experiencing a misfortunate, defeat or failure. When our expectations of people, things or events are not fulfilled, we feel discouraged and even want to quit! People experience disappointment in many areas, such as relationships, in school or on the job, in our religious and spiritual beliefs and even with government systems and world issues. Let's look at a few of these areas using examples from the Bible.

### 1. SPIRITUAL DISAPPOINTMENTS

Many experience disappointment when life experiences don't meet up with their religious ideas. Jesus' disciples experienced a great disappointment after the crucifixion of their leader. They assumed Jesus was going to set up a physical kingdom when he was referring to a spiritual one. *"But we had hoped that he was the one who was going to redeem Israel. Not only this, but it is now the third day since these things happened."* (Luke 24:21 NET) Their hopes were dashed. Real life often falls short of our ideals. We should remember that sometimes our interpretation of events isn't what the Bible actually teaches. Although our "doctrine" can sometimes be wrong, we have a promise that God will never disappoint us! *"And hope (confident expectation) does not disappoint, because the love of God has been poured out in our hearts through*

*the Holy Spirit who was given to us.* (Rom 5:5 NET)

### 2. AVOIDABLE DISAPPOINTMENTS

Avoidable disappointments happen when we fail to do the things we should do, or we do things we shouldn't. For example, bad health can result if we don't change a harmful diet or poor habits. In the book of Judges, we see that Samson's love of harlots and "living on the edge" caused him to lose his eyesight and his position as a leader. *"But the Philistines took him, and put out his eyes, and brought him down to Gaza, and bound him with fetters of brass; and he did grind in the prison house."* (Judges 16:1,19-21 KJV) Living your own way or engaging in sinful habits will bring you major disappointments in life that you could have avoided.

### 3. PEOPLE DISAPPOINTMENTS

Often disappointments arise because people don't share the same values or come up to our standards. When people don't see or do things our way, conflicts arise. In the book of Acts, Paul was disappointed in the young John Mark, a rookie who deserted the team during a missions trip. When Paul's companion Barnabas wanted to give the young man another chance, Paul disagreed and the two parted company. *"Their disagreement over this was so sharp that they separated."* (Acts 15:39) Even through disappointing situations, God is working in us to grow in character *"knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope."* (Rom 5:3-4)

Our *vision* is to be a voice to our generation imparting truth, instilling hope, and motivating positive change.

Our *objective* is to present God's Word in a practical, relevant way through:

Life-changing teaching.

Inspiring guest interviews.

Distributing newsletters.

Providing resource materials.

Hosting workshops & seminars in First Nations Communities.

You can help by becoming a *monthly partner*. As a partner, you can:

Apply your faith in prayer.

Make financial contributions.

Lend your time and skills to help in program production.

Promote the program by telling others about it.

Encourage us with your letters and praise reports.

#### 4. UNBEARABLE DISAPPOINTMENTS

Some disappointments are most difficult, such as the death of a loved one, or facing multiple hardships. In the book of Genesis, Joseph experienced a series of devastating disappointments. First he was betrayed by his jealous brothers, then sold into slavery, falsely accused of rape and ended up in prison. Even after all of his disappointments, Joseph chose to rise above and adopt a positive attitude. Instead of blaming his brothers, Joseph forgave them, reassuring them, *"as for you, you meant to harm me, but God intended it for a good purpose, so he could preserve the lives of many people, as you can see this day."* (Gen 50:20 NET)

#### DEALING WITH DISAPPOINTMENTS

##### 1) Open up and share

Sharing with a mentor or trusted friend helps you unload your burdens and get lifted up! *"Confess your sins to each other and pray for each other so that you may be healed."* (James 5:16 NLT)

##### 2) Don't play the blame game

It's easy to blame others when we get discouraged. Let's take responsibility for our actions and move forward, even when things didn't go as we expected.

##### 3) Know your heart

Know and follow the core values of your heart. What's most important to you? What has God showed you to do? Get back to these basics. *"He who searches the hearts knows what the mind of the Spirit is."* (Rom 8:27 NASB)

##### 4) Get a fresh perspective

During times of discouragement, we can develop tunnel vision. It's helpful to get another perspective. *"The heartfelt counsel of a friend is as sweet as perfume and incense."* (Prov 27:9 NLT) See things from the perspective of God's Word. We might not understand everything at the present moment, but we can be comforted by this promise: *"And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose."* (Rom 8:28 NASB)

#### GIVE GOD ALL YOUR DISAPPOINTMENTS

You can change your disappointments by asking God for His help and intervention in your life. Replace the letter "D" with the letter "H" and your "DISAPPOINTMENT" will become "HIS APPOINTMENT". Invite God into your life and He can start working things for your good!

## PARTNER COMMENTS

We value your comments and testimonies! Please let us know how the program is helping you!

"Pastor you are so anointed and encouraging, an inspiration to us all!"  
-- Gary, Geraldton ON

"Thank you for having this on tv. I just wish it was longer! The words of the Lord are very uplifting."  
-- Jules,  
Long Lake 58 FN

## BROADCAST SCHEDULE

GLOBAL Thunder Bay  
Sunday 9:30 am EST

NEW!  
CKPR Thunder Bay  
Saturday Mornings  
Times Vary

CKWS/CHEX TV  
Sunday 5:00 am EST

HOPE TV  
Sunday 3:00 pm EST  
Bell 591  
Rogers 174  
Shaw/MTS 11

View all programs on  
[www.spiritalive.org](http://www.spiritalive.org)



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## SPIRIT ALIVE NEWS

### WE'RE MOVING!

- The Spirit Alive National Office and Studio is relocating to a new building this spring! Our new location is **360 Black Bay Road, Thunder Bay** (the new Faith City Church) Our Mailing Address will remain the same. **(PO Box 21102, Thunder Bay P7A 8A7)**
- Construction of our new Studio for Spirit Alive begins next month! The studio will house a permanent set and editing suite. The total cost for the renovations is **\$25,000**. So far we have received **\$5500** towards this project, but need another **\$19,500** for the renovations. Your help is much appreciated!  
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THANKS PARTNERS AND FRIENDS!