



Pastor Calvin D. Williams

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Introduction:

One of the unfortunate byproducts of living in a sinful, fallen world is that every person, Christian or not, experiences pain and suffering and disappointment in this life. From failed relationships to unfulfilled dreams, life can be filled with sorrow and disappointment. In fact, Jesus assured us of it: “In this world you will have trouble” ([John 16:33](#)). No one is immune.

In overcoming disappointments, it is important to keep them in perspective. Even though we cannot eliminate suffering or disappointment this side of heaven, it can become less formidable when viewed from a different vantage point. The first thing to keep in mind is this: no amount of suffering or disappointment we experience in this life can ever undo what God has done for us in Christ. Apart from Scripture, it is very difficult to have a proper perspective on suffering and disappointment, and these things will rarely make sense to those unacquainted with God’s Word. The truth is, our trials and disappointments, though we may not like them, do serve a

purpose. It is through trials that we learn patience and humility, endurance and trust, virtues that strengthen us and develop godly character.

Discussion Questions:

1. What's one major disappointment you've experienced? How did it affect your faith?
2. How can we practically "fix our eyes on what is unseen" in a world filled with visible trouble?
3. How does God use disappointment to deepen our trust in Him?
4. Why is prayer so important during seasons of pain and confusion?
5. What are ways we can help others who are facing disappointment?

Lesson Objective:

To help believers understand how to process and respond to life's disappointments biblically, keeping an eternal perspective and depending on God's power, peace, and sovereignty.

The Reality of Disappointment

What's the reality of you dealing with disappointments?

(John 16:33) "In this world you will have trouble."

- Life in a fallen world guarantees pain, disappointment, and suffering.
 - Both Christians and non-Christian's face trials.
 - Disappointment can come from:
 - ❑ Broken relationships
 - ❑ Unfulfilled dreams
 - ❑ Unexpected loss or hardship
 - But Christ offers peace in the midst of trouble, not escape from it.
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II. A Biblical Perspective on Disappointment

1. Disappointment Has Purpose

Read: James 1:2–4, 2 Corinthians 12:9, Romans 8:28

(James 1:2–4)

Trials and Temptations

² Consider it pure joy, my brothers, and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

(2 Corinthians 12:9) But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

(Romans 8:28) And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

How can life disappointments help us?

God uses disappointment to shape character:

- Patience
- Humility
- Trust
- Endurance

2. Disappointments Is Temporary

Read: 2 Corinthians 4:17–18, Romans 8:18

(2 Corinthians 4:17–18) For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

(Romans 8:18)

Present Suffering and Future Glory

¹⁸ I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. ¹⁹ For the creation waits in eager expectation for the children of God to be revealed.

- Paul called severe suffering “light and momentary” because he had an eternal perspective.
 - Fixing our eyes on what is unseen helps us endure what is seen.
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III. Keys to Overcoming Disappointment

1. Trust in God's Sovereignty

Read: **Romans 11:33, Philippians 4:13, Psalm 68:35**

(Romans 11:33) Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out!

(Philippians 4:13) I can do all this through him who gives me strength.

(Psalm 68:35) You, God, are awesome in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!

- Nothing surprises God. Everything is either prescribed or permitted by His will.
- Prayer acknowledges God’s control and invites His peace.

2. Rely on God’s Word and Prayer

Read: **Psalm 23:3, Psalm 119:9, Matthew 11:28, Philippians 4:6–7**

(Psalm 23:3) he refreshes my soul. He guides me along the right paths for his name’s sake.

(Psalm 119:9) How can a young person stay on the path of purity? By living according to your word.

(Matthew 11:28) Come to me, all you who are weary and burdened, and I will give you rest.

(Philippians 4:6–7) Do not be anxious about anything, but in every situation, 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.

- God’s Word provides perspective and purity.
- Prayer brings peace and clarity. Examples:

🔗 **Moses interceded for Israel.**

🔗 **David cried out to God.**

🔗 **Jesus prayed in Gethsemane.**

3. Walk by Faith, Not by Sight

Read: **2 Corinthians 5:7, Hebrews 11:6**

(2 Corinthians 5:7) For we live by faith, not by sight.

(Hebrews 11:6) And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

- Faith allows us to see beyond our present.
- Disappointment can strengthen faith if we allow it to.

4. Sow Righteousness

Read: **Proverbs 11:18, Proverbs 22:8**

(Proverbs 11:18) A wicked person earns deceptive wages, but the one who sows righteousness reaps a sure reward.

(Proverbs 22:8) Whoever sows injustice reaps calamity, and the rod they wield in fury will be broken.

- Some disappointment is avoidable when we live in obedience to God.
- Reaping what we sow is a spiritual law—wise choices lessen preventable pain.

V. Application:

Reflect: Journal a past or current disappointment. Invite God into the pain and ask Him what He wants to teach you.

Pray: Spend intentional time daily in prayer, specifically giving God your burdens.

Memorize: Philippians 4:6–7 or James 1:2–4

Encourage: Reach out to someone struggling with disappointment this week.

Conclusion:

Being a child of God means we are never alone in our trials (**Hebrews 13:5**). God gives us the strength and grace we need to endure any circumstance and to overcome any disappointment (**Philippians 4:13; Psalm 68:35**). His peace will guard our hearts when we look to Him (**Philippians 4:6-7**). If we keep our mind on God, nothing can steal our peace.