

## Overcoming Disappointments

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**(Luke 4:18)** "The Spirit of the Lord is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed;

In that one verse above, God tells that that you are empowered by the spirit of God to...

### **1. Preach the gospel to the poor.**

Restore people to Christ. Help them make them receive Christ. To be connected with God and people around you. Open your life and heart.

### **2. Heal the brokenhearted.**

God desires you to be intimate with Him and have good relationship with people.

### **3. Set free those who are in bondage.**

Evil spirit can come into people life and destroy them.

Probably disappointments, hurt and anger that you are keeping in your heart that may eventually destroy your future. So you must learn to cope with it and be set free for these bondages. Be healed in your heart and sickness you have in your body. If not other problems will come in too.

### **4. Give you vision in your life.**

### **5. God wants to lift anything that is limiting you in your life.**

Be it mindsets or believes.

In this sermon, let's focus on the second point - "How to Deal with Disappointments".

A disappointment is an appointment that you did not expect it to take place.

Things you look forward to, did not happen. Disappointment is a part of life that can happen to anyone. And if you do not respond and deal with it correctly, you will be hurt inside.

Do not bury your emotions because that would go away. Do not endure if not your anger. Resentment, bitterness will just go down inside. If you do, it will start to affect your life and probably go into depression.

God does not want you to survive but God wants you to overcome!

**If you do not deal with disappointments correctly, you will...**

### **1. Have grief that you will carry around.**

When people grieve, often they will feel anger and resentment of that person.

### **2. React to the hurt in your heart.**

If you do not, then you will build a wall in your heart towards other people.

### **3. Drawing back in relationships and not trusting.**

That is because you want to protect yourself.

God designed you and gave you emotions. Even God has emotions.

Jesus Himself is a passionate person.

**(Mark 3:5)** And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other.

Emotions are part of who you are. Not meant to control who you are. Everyone has it.

### **Disappointments may be...**

There are many ways disappointments can come, but if you respond correctly, it will help you to build your character.

Read **Luke 24**.

When people are disappointed, they usually find someone who is also disappointed to share their disappointment. The person exactly who cannot help you out of disappointment because he is also disappointed. It re-enforces the disappointment.

People tend to reason and work it out with their mind. "*How come this happen?*" "*Why me?*" That is unbelief in God. By asking yourself that, you will never find out the answer. But remember God can turn disappointments into victories too!

When disappointments get into your heart, you do not know that God is with you. You do not feel God because your eyes and heart is shut by unbelief.

When you are disappointed, you tend to draw back in passion from God and go to someplace where you think you will feel better.

### **How do you deal with disappointment?**

Talk about your feelings. "*What is causing you to be so sad?*" Face your emotions. A feeling is just an indicator of things of your heart. Open up your heart. Do not cover up.

### **1. Come into the presence of the Lord. Draw near to God.**

You should will open your heart and allow the Holy Spirit will show you what happened.

**2. Face your disappointments honestly.**

Don't minimise it or fake that it did not happen. Face it about how you feel about it. "*What happened? How you feel about that?*"

**3. Ask how you have reacted.**

*Have you become resentful or bitterness?* Own your actions and repent from it.

Unforgiveness will keep you lock up.

Or maybe do you have to forgive someone?

**4. Refocus on the Lord and His Word.**

Ask God to speak to you. Give you something that will lift you up and take you forward.

**Conclusion...**

Is there someone you need to forgive in your life?

Is there something that is keeping you in bondage?

It is time to let go.

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Sermon taken from <http://www.bryanchung.sg>

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