



## ❖ MESSAGE NOTES

### **WHEN LIFE GIVES YOU LEMONS: Dealing With Disappointment - Week 1**

**Disappointment** - the psychological reaction to an outcome that does not match up to expectations. The greater the disparity between the expected outcome and the actual outcome, the greater the level of disappointment.

Disappointment is painful, especially when it is disappointment in yourself. That's the most bitter pill to swallow.

We can greatly reduce the amount of disappointment we encounter if we are wise in life.

#### **TOP TWO CAUSES THAT LEAD TO DISAPPOINTMENT**

##### **1) UNREALISTIC EXPECTATIONS or ARROGANCE**

*"If you want to make God laugh, tell Him YOUR plans!"*

*Come now, you who say, "Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit." Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say, "If the Lord wills, we will live and also do this or that." ~ James 4:13-15*

**If the Lord wills is a good way to stay humble and be in a position to receive God's guidance and His blessing in your life. We remember we were made by Him, for Him, and not the other way around.**

The Prosperity Gospel/Name It and Claim It and the Manifesting Movement/Law of Attraction are examples of unrealistic expectations and arrogance. Both the heretical religious form of Christianity called "Prosperity Gospel" and the secular version known as "The Law of Attraction" are essentially the same philosophy as they both come from the same metaphysical New Age roots.

Simply put, the Law of Attraction is the ability to attract into our lives whatever we are focusing on. It is believed that regardless of age, nationality or religious belief, we are all susceptible to the laws which govern The Universe, including the Law of Attraction. ~ TheLawOfAttraction.com

You know, you don't see faith healers working in the hospitals for the same reason you don't see psychics winning the lottery.

*Positive Thinking is different. The Bible is full of exhortations toward positive thinking. Keeping a positive mindset keeps you from missing opportunities and answers that God sends your way and by being positive you are more likely to be a blessing to other people and help them experience and know God and in that way you will attract what you want, other like-minded people. However, claiming my own positive thoughts will give me the power to heal cancer in myself or others or become a multi-millionaire is simply not a Biblical idea.*

*Instead, Jesus promised us we would be hated, persecuted, and perhaps martyred for our faith in Him. There is no promise of lack of illness and millions of dollars in any of Jesus' words, quite the opposite is the norm.*

## **2) PESSIMISM or LACK OF FAITH**

On this side of the spectrum, what happens, often, is people who have been burned a few times, deeply hurt and disappointed a few times, let down by other people or institutions or let down, they think, by God, they just give up. They just shut down. "I will never trust anyone again. I will never trust God again. I will never hope again, expect anything, try anything. Nothing good is ever going to happen in my life so why bother trying?"

*... For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns and yet your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life? And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you. "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

*~ Matthew 6:24b-34*

Here is an expectation in God we can take to the bank, because Jesus HAS promised THIS to us. God is looking over us. God has a plan for us. We don't need to be anxious. We don't need to worry. We shouldn't be pessimistic about life. Jesus reminds us how much the Father loves us.

If you seek first His kingdom and His righteousness, your wave of disappointment will be rewarded eventually and you may find that you

needed that disappointment to create the opportunity for a greater blessing. You can't make delicious lemonades without squeezing the lemons first.

*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. ~ Romans 8:28*