



**SOUTH HOLLY  
CHURCH**

**From Pastor Sam**

Are you here today with a heavy or a solemn or a lethargic or a joyful heart?

If your heart is anything other than "joyful", is it fully or in part due to some recent disappointment in your life?

Disappointment is proportional to comparing your **reality** with your **expectations**.

Disappointment can cause all sorts of **diminished spiritual growth** and **lack of fruit-bearing**.

It's **not healthy** physically or spiritually to remain in a state of disappointment.

Today we want to both examine what causes disappointment and to analyze how King David dealt with disappointment.

Please read 2 Samuel 16-19 and then note what David wrote during that episode in his life in Psalm 3.

Then let's apply those lessons so as to not only deal well ourselves with disappointment but to learn how to assist others as they walk through a moment or a season of disappointment.

**2 Samuel 15-19 & Psalm 3  
"Dealing with Disappointment"**

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**Introductory Definitions:**

- **Satisfaction** is when **reality** \_\_\_\_\_ your **expectations**
- **Elation** is when **reality** \_\_\_\_\_ your **expectations**
- **Disappointment** is when **reality** \_\_\_\_\_ your **expectations**

**Principles:**

1. If possible, take immediate steps to \_\_\_\_\_.  
disappointment's \_\_\_\_\_. (2 Samuel 15:13-14)
2. Remember: Misguided \_\_\_\_\_ lead to misguided \_\_\_\_\_. (2 Samuel 15:14b)
3. Surround yourself with \_\_\_\_\_ and \_\_\_\_\_.  
(2 Samuel 16:9; 18:1-2; 17:27-29)
4. See disappointment as an opportunity for \_\_\_\_\_.  
(2 Samuel 16:11-12)
5. Remember: the fulfillment of human expectations is \_\_\_\_\_ a prerequisite for \_\_\_\_\_. (Psalm 3:3-6)
6. Put disappointments \_\_\_\_\_ and reach \_\_\_\_\_ to our future in Christ – press on! (Psalm 3:8 & Philippians 3:13)
7. Meditate on \_\_\_\_\_ things. (Philippians 4:8)

**Put into practice this week:**

- o Seek first God's kingdom so that you do not develop displaced earthly affections
- o Meditate on things which are true, honorable, right, pure, lovely, and of good repute.
- o Seek to listen and observe well so that you discover others who are struggling

**Let us hear from you!**  
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