



How to Handle Life's Disappointments

A Sermon By
Bishop Andy C. Lewter, D. Min.

This Week



Needless to say, this past week has caused many of us to feel the pangs of disappointment and despair

Like so many I have struggled to try and make sense out of what I have seen

What Do You Do

In the end, I had to remind myself that we are people of faith that believe that God is in control and will have the last say

I therefore have turned to the Bible to say what God has to say about how we should handle life's disappointments and that is what I have come to this pulpit to talk to you today about



HOLY, HOLY, HOLY
is the Lord of hosts;
THE WHOLE EARTH
IS FULL OF HIS GLORY!
ISAIAH 6:3

The question is, How do we handle life's disappointments in a way that reflects our faith and draws us closer to God? Let us turn to the Word and find encouragement and guidance.

Here's the Question



A photograph of a person in a green jacket covering their face with their hands, suggesting disappointment or grief. The background is blurred, showing other people in a crowd.

Step 1: Embrace the Reality of Disappointment

Romans 5:3-5 says, "Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope. And hope does not put us to shame because God's love has been poured into our hearts through the Holy Spirit."



What Paul Says

CHRISTIAN *Journey*

Paul writes that suffering and disappointment are part of the Christian journey. He doesn't tell us to deny or ignore our disappointments. Instead, he tells us to face them honestly, recognizing that they are an opportunity for spiritual growth



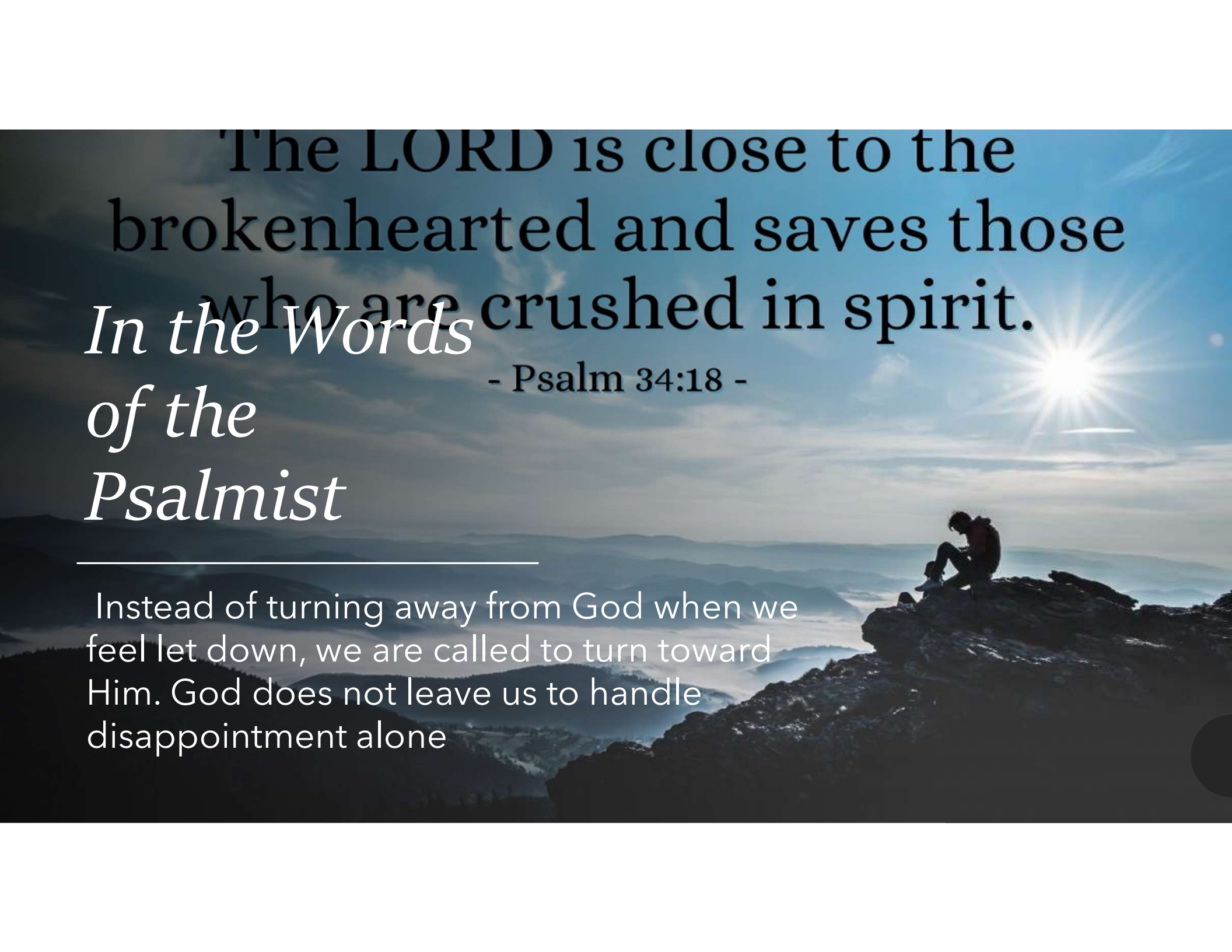
*Step 2: Draw
Near to God in
Times of
Disappointment*

Psalm 34:18 reminds us, "The Lord is near to the brokenhearted and saves the crushed in spirit."

THE LORD
is near to those who have
A BROKEN HEART,
And saves such as have
A CONTRITE SPIRIT.

Psalm 34:18 NKJV

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A person is silhouetted against a bright sun, sitting on a rocky peak. The background shows a vast mountain range under a clear blue sky. The sun is positioned in the upper right quadrant, creating a lens flare effect. The overall scene is serene and contemplative.

The LORD is close to the
brokenhearted and saves those
who are crushed in spirit.
*In the Words
of the
Psalmist*

- Psalm 34:18 -

Instead of turning away from God when we feel let down, we are called to turn toward Him. God does not leave us to handle disappointment alone

Step 3: Look Forward to What God Will Do

In 2 Corinthians 4:8-9, Paul writes, "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."

We are hard pressed
on every side, but

**NOT
CRUSHED;**

perplexed, but

NOT IN

DESPAIR;

persecuted, but

NOT

ABANDONED;

struck down, but

NOT

DESTROYED.

2 Corinthians 4:8-9



In the End

though we may face setbacks, we are not defeated. Disappointments might bend us, but they don't have to break us. God's promise is that no disappointment can ultimately destroy the future He has for us.

BROKEN
BUT NOT DEFEATED



The Story of the Little Sail Boat

A young lad saved all his money to purchase a small sail boat. On his first trip on the water a storm arose, he dropped his anchor and held on. The next morning, he saw that the anchor had caught hold of a rock near the surface

