

Eastbourne Deanery
Church's Ministry of Healing

Breaking the Bonds of Disappointment

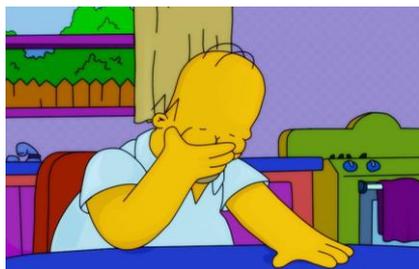
Rev'd Chris Lawrence

Programme

- 10.25 - 11.10 Understanding disappointment & its effects
- 11.10 - 11.30 Coffee
- 11.30 - 11.55 A resurrection of Hope
- 11.55 - 12.15 Ministry time
- 12.15 - 12.30 Closing worship & prayer.

Disappointment

What actually is Disappointment?



Disappointment



What actually is Disappointment?

Sadness or displeasure caused by the non-fulfilment of one's hopes or expectations.

Regret, dismay, frustration, defeat, bewilderment, failure, disillusioned, despondent, gutted.....

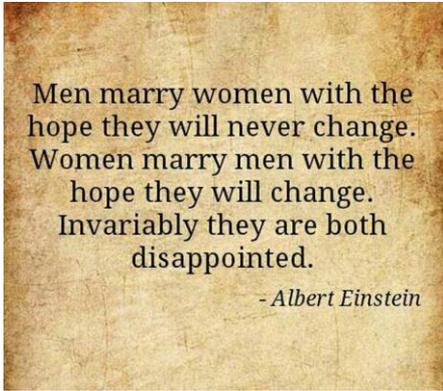
Where do the roots of disappointment lie?

- People
- Life events
- Self
- God

Where do the roots of disappointment lie?

People

Loved ones, family, trusted friends, work colleagues, being let down, marriage betrayal, broken promises



How do we feel when others disappoint us?

Where do the roots of disappointment lie?

Life events

Bereavement, loss of job, house purchase falls through, accidents - situations that are out of our control...



Leon Haslam - favourite to win British Superbike title



Final race



The face of disappointment



How did that make you feel - Gutted!

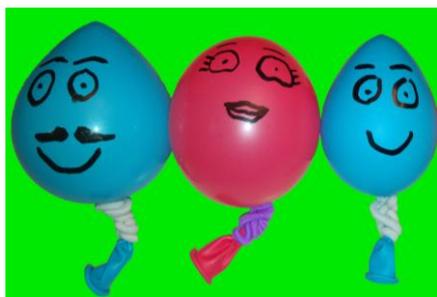
Where do the roots of disappointment lie?

Self

Missed opportunities, if only I had worked harder, how could I be so foolish, I've made the same mistake again!

How did that make you feel?

The Balloon Family



I've let myself down!

Where do the roots of disappointment lie?

God

I thought I could trust You? I've prayed and nothing's happened. You seem so far away - have you abandoned me?

I said to myself, "I no longer have any hope that the LORD will help me."

Lamentations 3:18

Managing potential disappointment

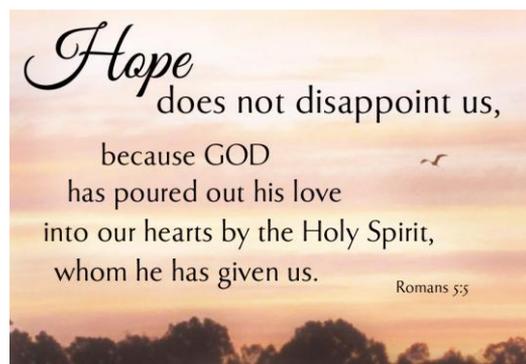
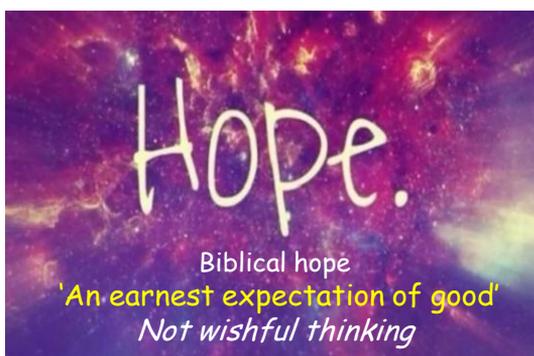
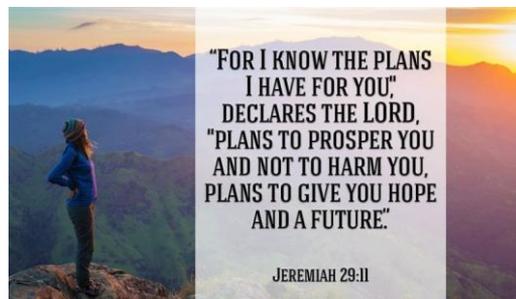
The **BEST** way you can avoid disappointment is to simply **NOT** expect anything from **ANYONE**

Too harsh?

We become pessimistic to protect our hearts



Disappointment is time limited



Can we really trust ourselves?



Does God disappoint?

No - Don't believe the lie!

I said to myself, "I no longer have any hope
that the LORD will help me."

Lamentations 3:18

Because of the LORD's great love we are not consumed,
for his compassions never fail. They are new every
morning; great is your faithfulness.

I say to myself, "The LORD is my portion;
therefore I will wait for him." (Lam 3:22-24)

“I have learned that faith means trusting in advance what will only make sense in reverse.”

Philip Yancey

Sometimes the biggest disappointment leads you to the right place.

- Carey Graeber

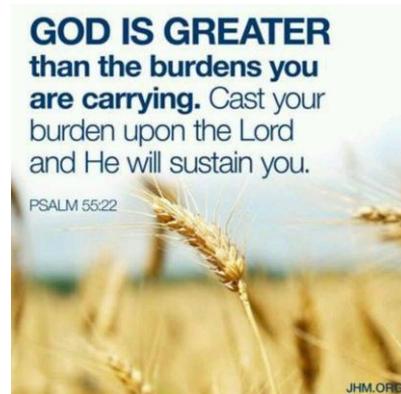
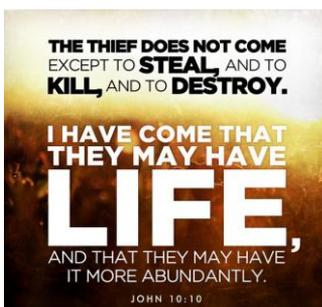


Where do we need healing?

- The burden of life's disappointments
- The Lord is near to the broken hearted and saves those who are crushed in spirit. *Ps 34:18*
- A resurrection of hope and joy.



Jesus - Our God of healing and restoration



Disappointment is a thief

Has your
JOY
been
STOLEN?

We don't really live - we only exist!

"THE SUDDEN DISAPPOINTMENT OF A HOPE
LEAVES A SCAR WHICH THE ULTIMATE
FULFILLMENT OF THAT HOPE NEVER ENTIRELY
REMOVES."

THOMAS HARDY

A deeper healing - God's province

"I understand the event but I still feel awful"

Jesus' mandate and ministry:

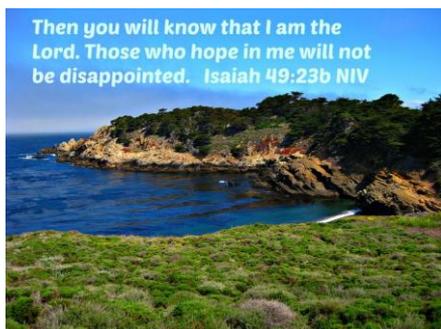
The Spirit of the Sovereign LORD is on me,
because the LORD has anointed me
to proclaim good news to the poor.
He has sent me to bind up the **broken-
hearted**, to proclaim freedom for the captives
and release from darkness for the prisoners,
Isaiah 61

Broken heart = fragmented heart?

Lord, I hurt inside, can You
help me?



Hope resurrected



**Macy Grey - Brit Award
Winner 2000**



Macy Grey's Acceptance Speech

I waited patiently for the LORD ;
 he turned to me and heard my cry.
 He lifted me out of the slimy pit,
 out of the mud and mire;
 he set my feet on a rock
 and gave me a firm place to stand.
 He put a new song in my mouth,
 a hymn of praise to our God.
 Many will see and fear
 and put their trust in the LORD . (Psalm 40)

God can turn our negatives to positives



Ministry Time



A copy of presentation slides may be obtained
 at www.framfieldchurch.org.uk