

# HOW TO DEAL WITH DISAPPOINTMENT

## Patience, Persistence and Peace of Mind - Part 4 of 6

**Exodus 15:22-23** "Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. When they came to Marah they could not drink the water because it was bitter. That's why the place is called Marah."

### THE TRUTH ABOUT DISAPPOINTMENT:

#### 1. GREAT SUCCESSES ARE OFTEN FOLLOWED BY

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**Exodus 15:25** ". . . there the Lord tested them."

#### 2. GREAT SERVICES IN LIFE ARE OFTEN FOLLOWED BY

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**Exodus 15:24** "So the people grumbled against Moses saying, `What are we to drink?'"

### What to do with disappointment:

1) Don't \_\_\_\_\_.

**Romans 12:14** "Bless those who persecute you; bless and don't curse!"

2) Don't \_\_\_\_\_.

**Job 5:2 (GN)** "To worry yourself to death with resentment would be a foolish thing to do."

**Ephesians 4:31** "Get rid of all bitterness...anger, and slander, along with every form of malice."

3) Don't \_\_\_\_\_.

**Ephesians 4:26-27** "Do not let the sun go down while you are still angry, and do not give the devil a foothold."

**Job 18:4** "You are only hurting yourself with your anger!"

4) You \_\_\_\_\_.

**Exodus 15:25** "Then Moses cried out to the Lord, and the Lord showed him a piece of wood. He threw it in the water and the water became sweet."

5) Let God \_\_\_\_\_.

**Genesis 50:20** "You intended to harm me but God intended it for good... "

**3. GREAT SHORTAGES IN LIFE ARE OFTEN FOLLOWED**

**BY** \_\_\_\_\_.

**Exodus 15:27** "Then they came to Elim where there were twelve springs..."

**Psalms 34:18** "The Lord is close to the brokenhearted, and saves those who are crushed in spirit."