



RESOLVING DISAPPOINTMENT

In this video, we discuss disappointment. Unless resolved in a healthy way, our unmet or unfulfilled expectations can result in frustration and depression.

INTRODUCTION (00:00)

Our disappointment is a signal that we had an unknown or unmet expectation. Our expectations often come from our past experiences or a hoped-for desire.

1. *When was the last time you were disappointed in a person or circumstance?*
2. *What expectations did you have of this person or circumstance?*
3. *How were these expectations unmet?*

THE 3 TANKS OF LIFE (04:08)

The three tanks of your life are: 1) heart tank (relationship with God); 2) mind tank (emotions, thoughts, and beliefs); 3) life tank (physical health). If one of these tanks is depleted, we will be out of balance and prone to frustration and depression.

4. *What, in your relationship with God, is currently lacking fulfillment or satisfaction?*
5. *What thoughts and beliefs do you have that cause anxiety or diminish your ability to be at peace?*
6. *What actions can you take today to improve your sleep, nutrition, or physical well-being?*

ACTIVATION (07:40)

- 1) Purpose to fill your heart, mind, and life tanks.
- 2) Get into the presence of God regularly.
- 3) Release your expectations.