

The "Set Free" Academy



EXPERIENCE GOD'S AMAZING LOVE &
FREEDOM IN ALL AREAS OF YOUR LIFE

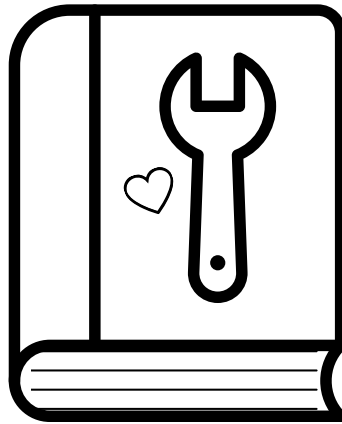


How to Overcome Disappointment

REFLECTION WORKBOOK

Created by Quiana J for The Set Free Academy™





INSTRUCTIONS

Start by watching the teaching on this page titled "How to Overcome Disappointment Teaching", by Quiana J.

Then complete this implementation workbook.

Once you have completed this Workbook, you are prepared to watch the group Coaching Call that you see below.

Go ahead and do that when you're complete on these exercises here :)

REFLECTIVE THOUGHTS TO REMEMBER

- Disappointment is when an expected appointment is missed. It is the failure of not achieving or acquiring what we believe would make us truly happy. The word means that somewhere in us we have made a mental appointment, expectation, longing, desire, and hope in someone or something. It is completely self-made and because it is self-made, when the appointment is missed, it devastates us and it affects us emotionally.
- We must learn how to navigate our expectations in order to reduce its effect on our hearts. Every time we experience disappointment, it is a call to assess our expectations. When we fail to move successfully through the disappointment, it lays another stone of unbelief in our life. Stone by stone, many are led away from Christ. Our lives of faithfulness to God is built by the experiences and the narratives we receive from those experiences. If we keep experiencing disappointment, we lose faith and will wander away right into the hands of the deceiver.
- So dealing with disappointment requires that we do **three** things well:
 1. Manage our emotions when confronted with disappointment
 2. Assess the expectation.
 3. Establish a new posture.
- This will help us keep the right perspective when dealing with disappointment and help us navigate through the disappointing circumstance to victory.
- Many times our disappointing situations lead us to a destiny moment. Study 1 Samuel 9 to see how God steps ahead of Saul's life and uses disruptions in our life to lead us to destiny moments.

REFLECTIVE THOUGHTS TO REMEMBER CONTINUED

- Make sure that what you are expecting from God is an actual promise from either the written Word of God (Logos/Bible) or the spoken Word of God (Rhema/Prophetic Utterance impressed on your heart or a word spoken from someone else). For example: if you hope you get the job but God did not prophetically speak, this is false hope. True hope is only grounded in His Word (Rhema or Logos). If God says it is going to rain skittles, grab a bucket and go outside. LOL
- When it comes to having expectations in a person, first identify their relationship to you. You should only have higher expectations (not higher than the fallibility of man) in those who are dear to you and have shown by their actions with consistent character that they love and care about your well-being. For example, your immediate family members and those you have identified as good friends should be a great start. Don't put high expectations in work friends, associates, people you just met, people you commune with at church, etc. Always keep in mind that every man and woman is broken, has a story, has flaws, and may fail you.
- The only person you are commanded to trust is God. You are commanded to love God and everyone else. You are NOT commanded to trust everyone. Trust is EARNED. Respect is EARNED. But love and forgiveness should automatically be given. For example, you may have someone who has broken your trust. You are disappointed and you have every right to be; however, you must still love them but they will need to EARN your trust back. Trust gains access to your life so when trust is lost, you have the right to determine how much access they have. Keep in mind that the same measure of grace you want, you should give.

REFLECTIVE THOUGHTS TO REMEMBER CONTINUED

- We do not like change as much as we think we do, but it is necessary for our lives. If you are not changing, then you are stagnant and stagnant things stink and all types of foul growth grows in it. Do you hear me? We must embrace change, even from disappointing situations.
- If you approach disappointment with an attitude that you are going to grow from this, then the sting of it will not destroy you or your faith.

REFLECTIVE QUOTES

"Blessed is he who expects nothing, for he shall never be disappointed."

Alexander Pope • from a letter to playwright John Gay

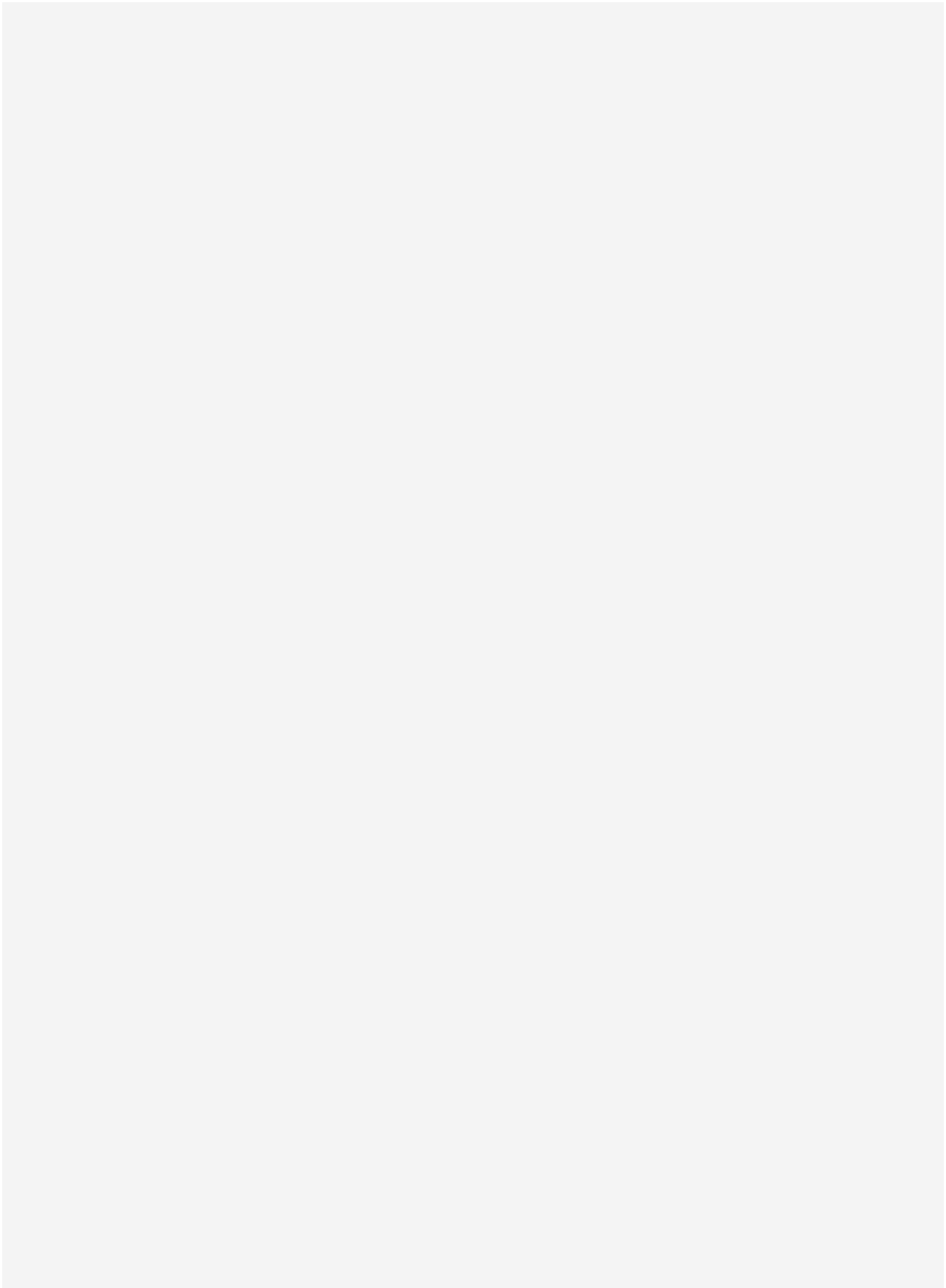
"The measure of success is how we cope with disappointment."

Deborah Moggach • The Best Exotic Marigold Hotel

"The only love that won't disappoint you is one that can't change, that can't be lost, that is not based on the ups and downs of life or of how well you live. It is something that not even death can take away from you. God's love is the only thing like that."

Timothy Keller • Walking with God through Pain and Suffering

JOURNAL YOUR THOUGHTS FROM MEDITATION ON THE REFLECTIVE THOUGHTS

A large, empty light gray rectangular box intended for journaling thoughts from meditation and reflective thoughts.

RELATIONSHIP BOXES

Layer 3: Associates/Followers/Assignments

- These people simply follow or associate with you and what you are doing. They may sometimes support, but they are not intricately involved in your life. They just like what you do or they are just assigned to you for a season. They don't have any real commitment to you. These are the masses of people that followed Jesus.

Layer 2: Friends/Disciples

- These people have a little more access to your life. They may come to your house and eat at your table. You go out with these people. They will be there when you call. They will transcend being with you in various seasons. You have to make sure you don't turn assignments, associates, and followers into friends (giving them access to your life) when they have not shown you who they are and God has not spoken to you about that person. Jesus was led in choosing these people (disciples) in his life and He broke bread with them.

Layer 1: Close Friends/Inner Circle

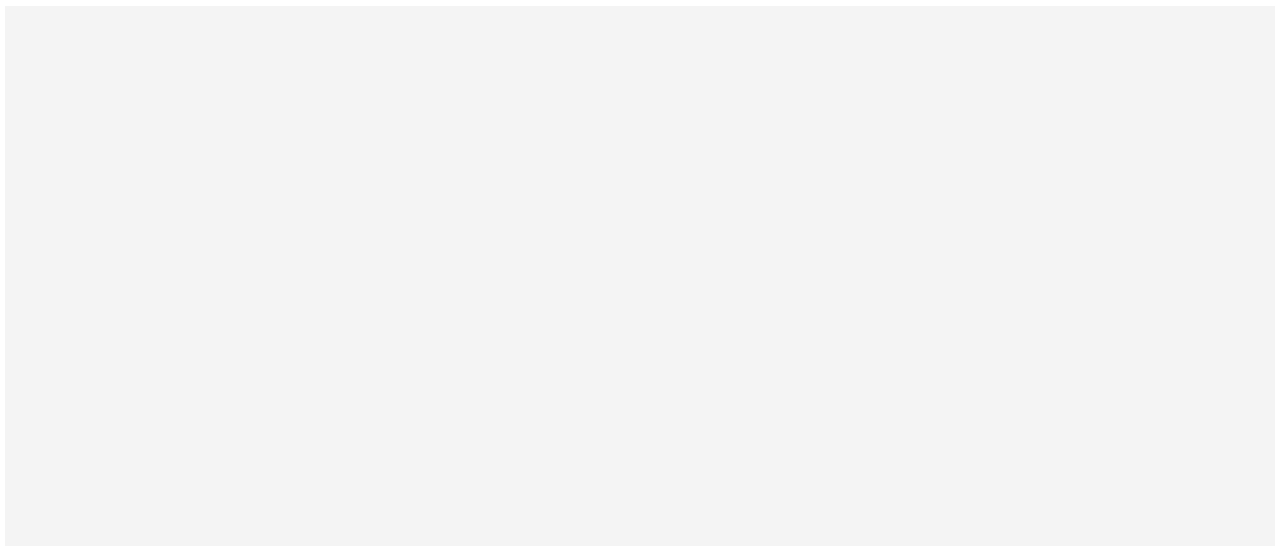
- These people have access to your heart and your life. They have proven character to be trusted. The relationship has been tried by fire. These people see you transform through all the seasons of your life and still want to be there for you. John, Peter, & James was Jesus's inner circle who saw the transfiguration of Jesus on Mt. Sinai, was with Jesus when He raised Jairus's daughter from the dead & when He told them not to tell anyone, and they were present in the Garden of Gethsemane with Jesus. These three witnessed Jesus' greatest moments of glory and His darkest trials. Peter was restored through betrayal but the restoration of the relationship was valuable (upon this rock will the church be built). James was okay dying for the cause of Christ and John was given the revelation of the end times, the secrets to the fulfillment of the assignment of Christ. In other words, these people, through ups and downs, they never change, do not mind being inconvenienced for your sake, will pray and fast for you and can be trusted with your secrets. They speak into your life because they can hear God and see who you are becoming.

REFLECTIVE SCRIPTURES

Look up each scripture. Write it out. Ponder it and then journal below in each section. Write out how it makes you feel and how you can apply it to your life and belief system.

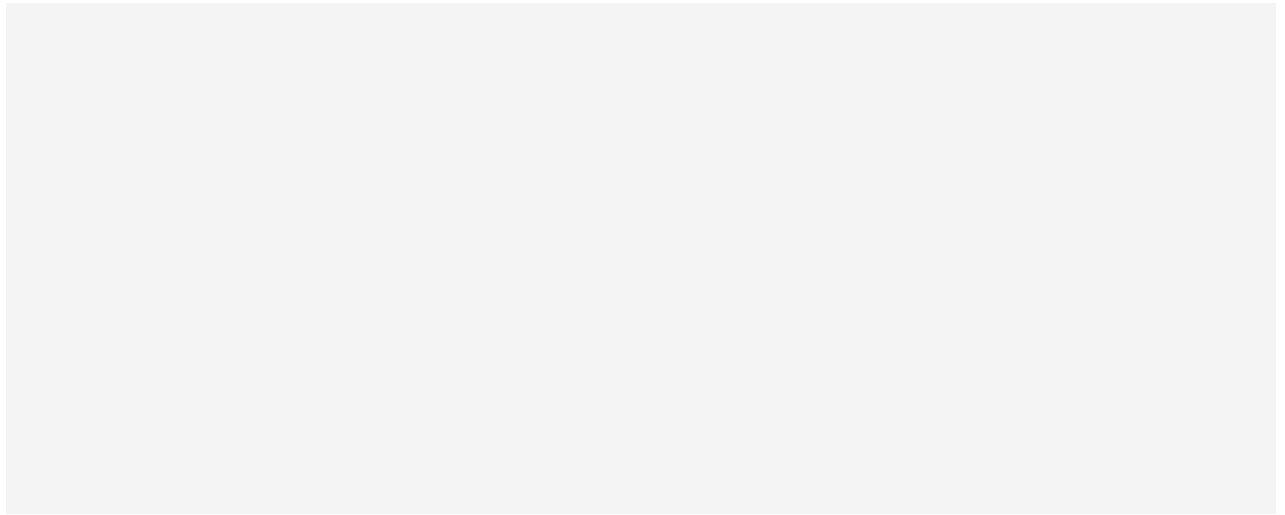
I. Isaiah 26:3 NIV

Journal Your Thoughts



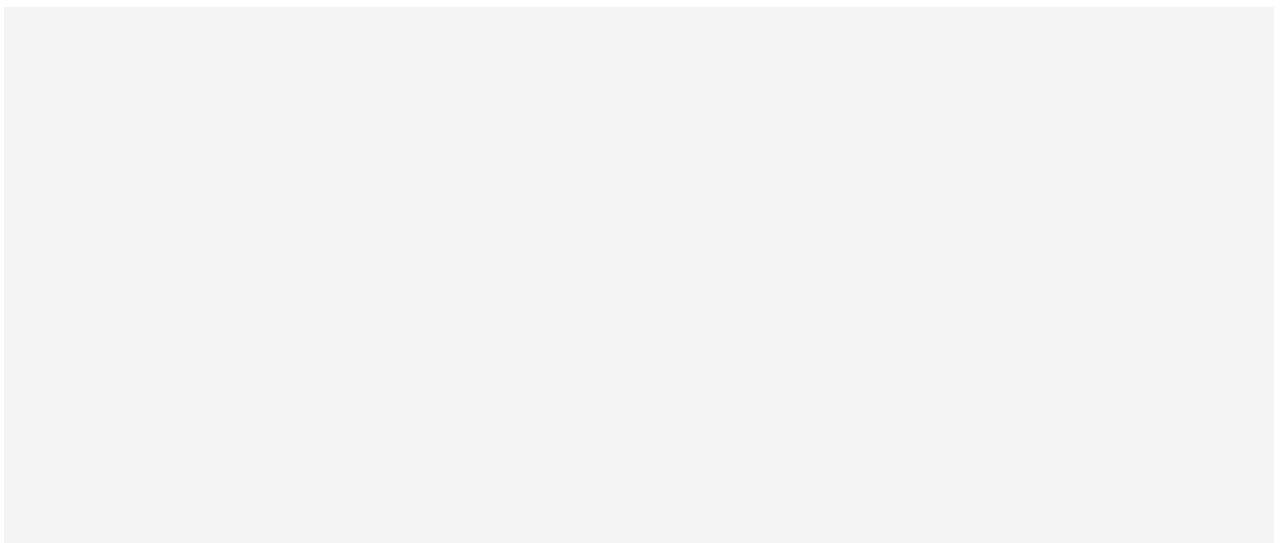
II. John 14:1 NKJV

Journal Your Thoughts



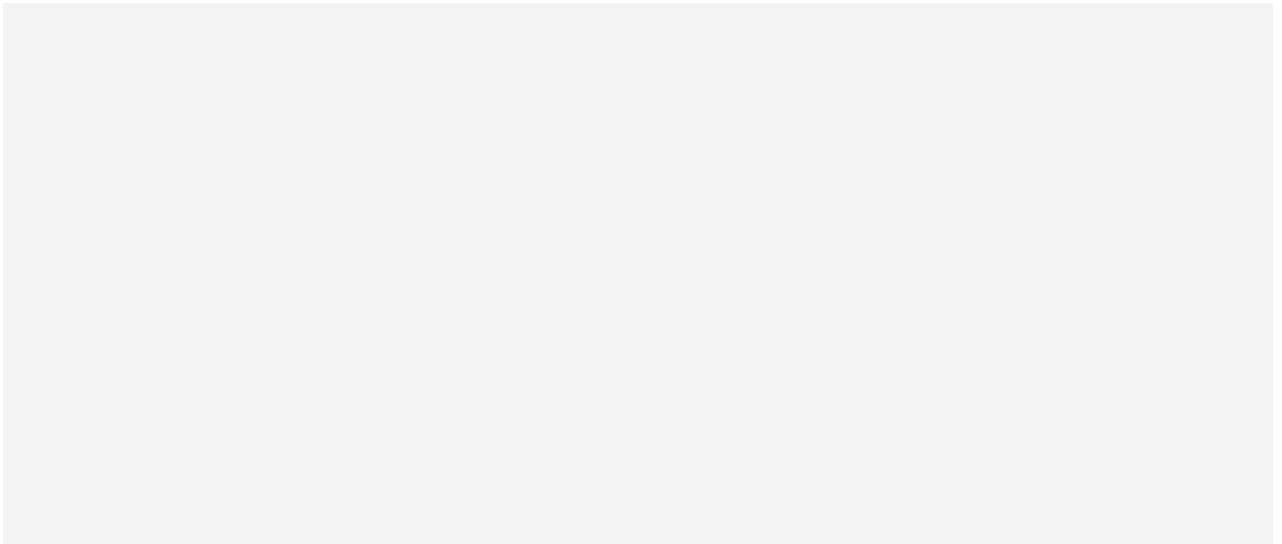
III. Psalm 23:1 KJV

Journal Your Thoughts



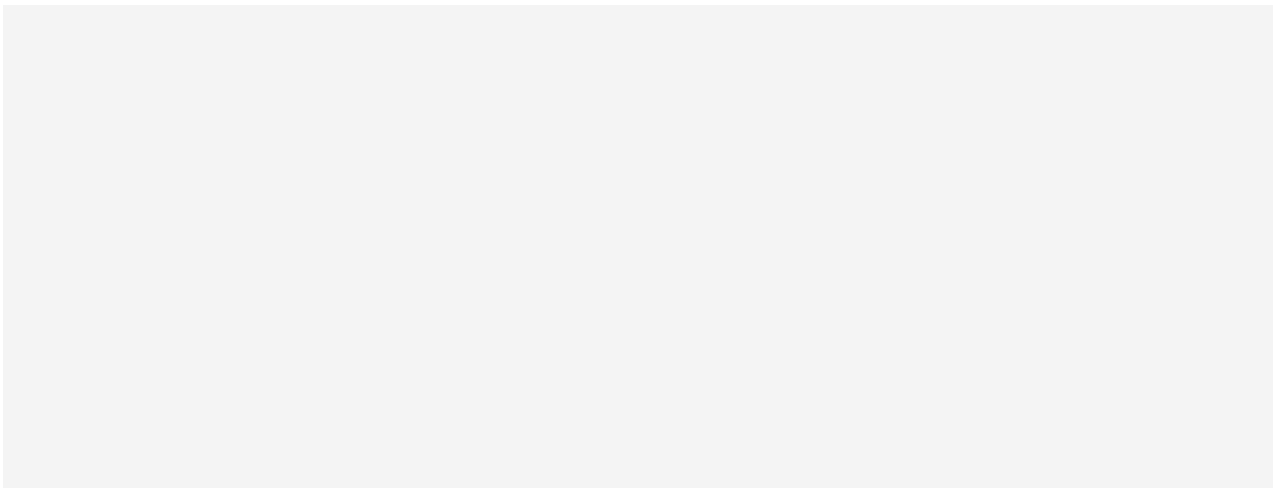
IV. Proverbs 14:12 NKJV

Journal Your Thoughts



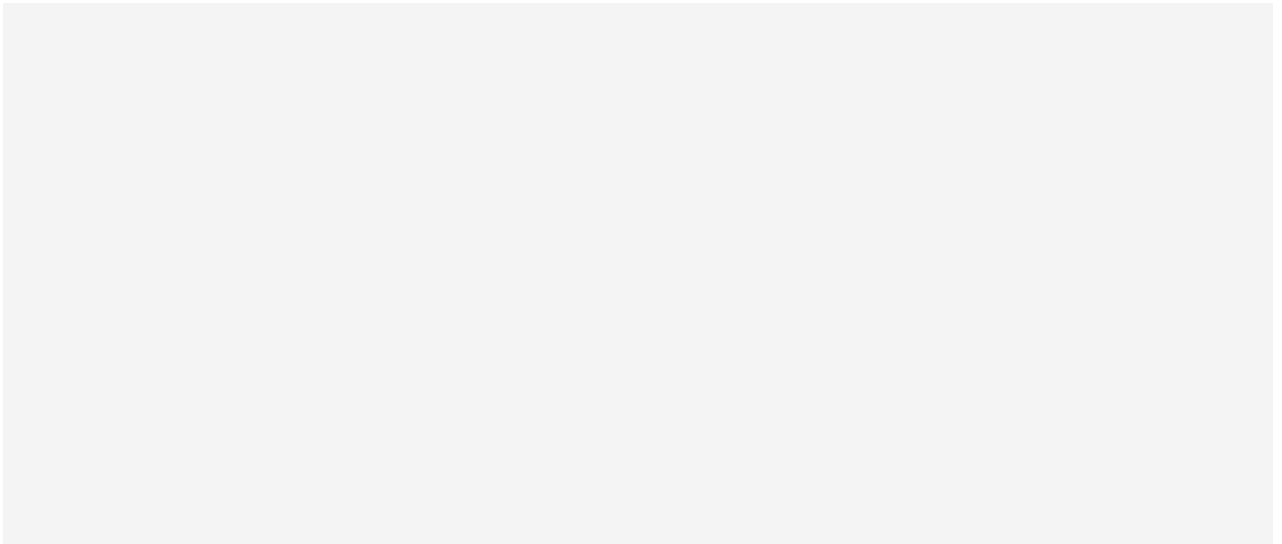
V. Proverbs 19:3 ESV

Journal Your Thoughts



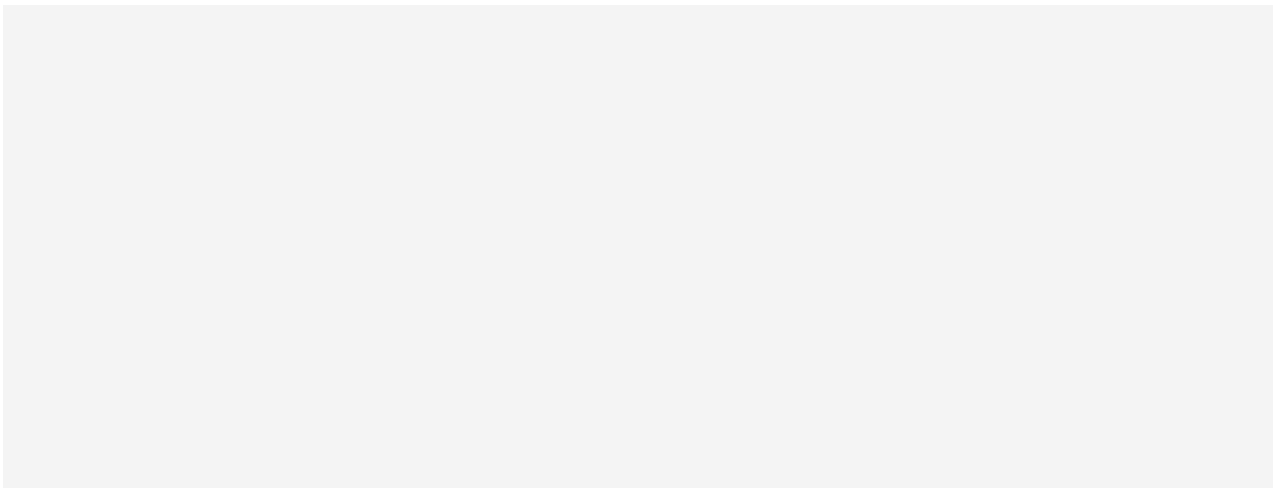
VI. John 16:33 NLT

Journal Your Thoughts



VII. Psalm 139:16 NLT

Journal Your Thoughts



How Do You Respond Reflection Quiz

Rate how you respond to situations.

1 = Peacefully
2 = Frantically

3 = Emotionally Distraught
4 = Fail to Cope

How do you
respond when...

- technology fails you?
- the weather is less desirable for an event?
- Traffic causes you to be late?
- your health or the health of a loved one fails?
- someone you love betrays you or slanders your name?

Write out your score
here:

REFLECTIVE QUIZ CONTINUED

Rate how you respond to situations.

1 = Peacefully
2 = Frantically

3 = Emotionally Distraught
4 = Fail to Cope

How do you
respond when...

- your greatest desire remains unfulfilled?
- your job is unfulfilling or draining?
- a romantic relationship or marriage ends?
- someone you love dies?
- you lose or break something of value

Write out your score
here:

TOTAL SCORE _____

If you scored higher than 20, then you do not handle disappointment as well as you should. Don't worry, there is hope. Once you have the steps, work through the disappointment you currently have and then allow these steps to be a part of your toolkit for when you encounter it again.

DISAPPOINTMENT ANALYSIS FRAMEWORK

Here are the steps you are going to navigate through to break down disappointment. If this is done correctly and reflectively, you should begin to see the walls you built around that disappointment begin to break down.

Steps to Overcoming Disappointment

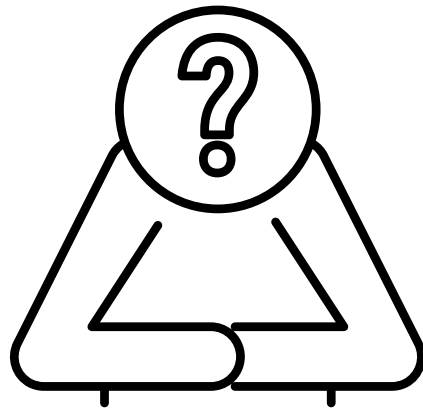
1. Identify Core Actions
2. Determine the Value
3. Assess Your Heart
4. Evaluate Expectations
5. Check Your Seek
6. Imagine Other Possibilities
7. Establish Next Steps

Are you ready to do the work to learn how to overcome disappointment?

Feel free to print off as many pages of this framework you need to dive deeper into each situation or person that has disappointed you.

Before you begin, think of one situation that you want to tackle and determine if the disappointment source:

1. From a situation (i.e. technology failed me, a gadget didn't work, the car stopped working, etc.)
2. From a person



DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Situation

DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Situation

Step 1: Identify Core Actions

Describe what you are actually disappointed in. What action happened that brought about the disappointment?

Step 2: Determine the Value

How did you adapt your life to this expectation? What outcomes were you depending on from this?

DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Situation

Step 3: Assess Your Heart

Why did you believe in that situation working out?

Step 4: Evaluate Expectations

Was your expectation realistic? Why?

DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Situation

Step 5: Check Your Seek

Did you seek God about that situation and receive a promise? If yes, then it is a part of the process to navigate you to the promise. If no, then why did you have faith in it? (false hope)

Step 6: Imagine Other Possibilities

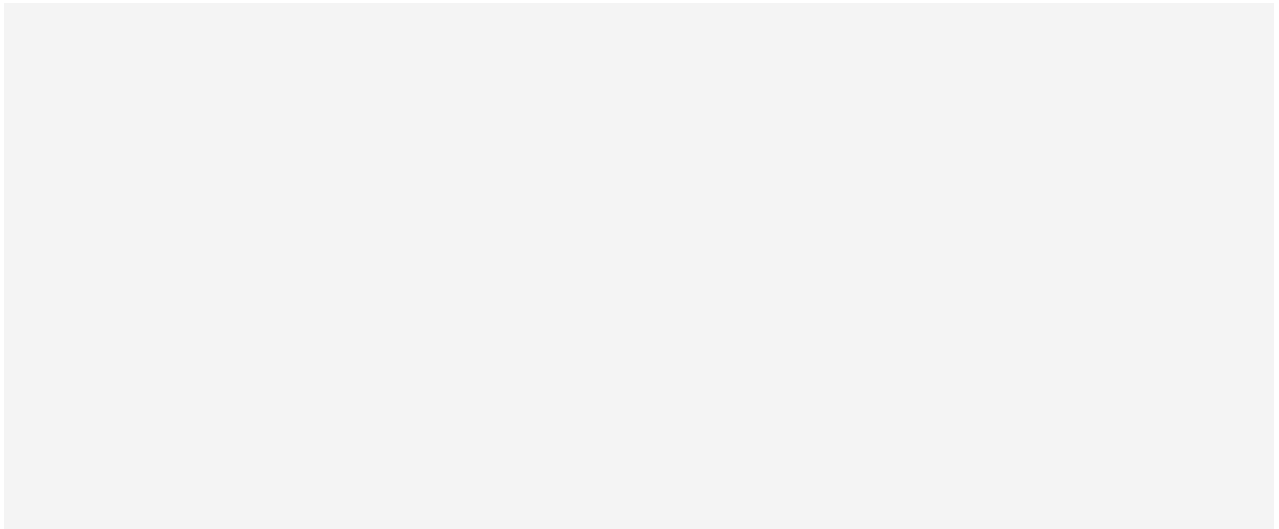
What are some possibilities that made this situation fail?

DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Situation

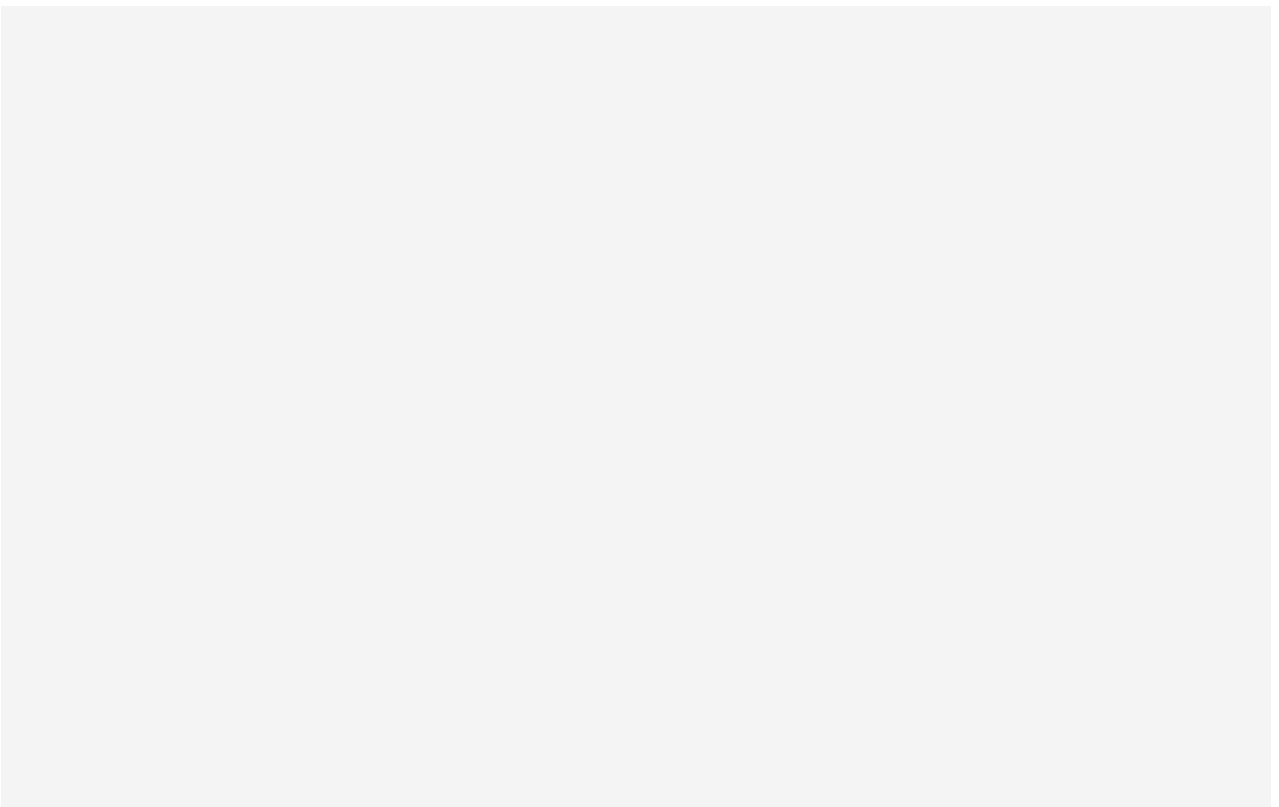
Step 7: Establish Next Steps

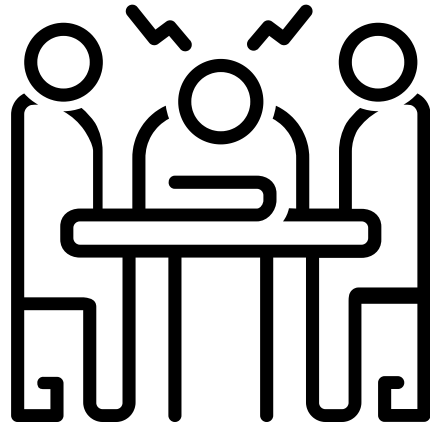
What steps can you take to move forward successfully?



REASSESS YOUR FEELINGS

How do you feel about the disappointment now that you have analyzed the situation?





DISAPPOINTMENT ANALYSIS FRAMEWORK

**Disappointment from a
Person**

DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Person

Step 1: Identify Core Actions

Describe what you are actually disappointed in. What action happened that brought about the disappointment?

Step 2: Determine the Value

How did you adapt your life to this expectation? What outcomes were you depending on from this person?

DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Person

Step 3: Assess Your Heart

Identify the type of relationship box you put them in and why did you believe in them to fulfill your expectations?

Step 4: Evaluate Expectations

Was your expectation realistic? Why?

DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Person

Step 5: Check Your Seek

Did you seek God and receive a promise/Word about this person being in your life? If yes, then it is a part of the process to navigate you to the promise. If no, then why did you have faith in them?

Step 6: Imagine Other Possibilities

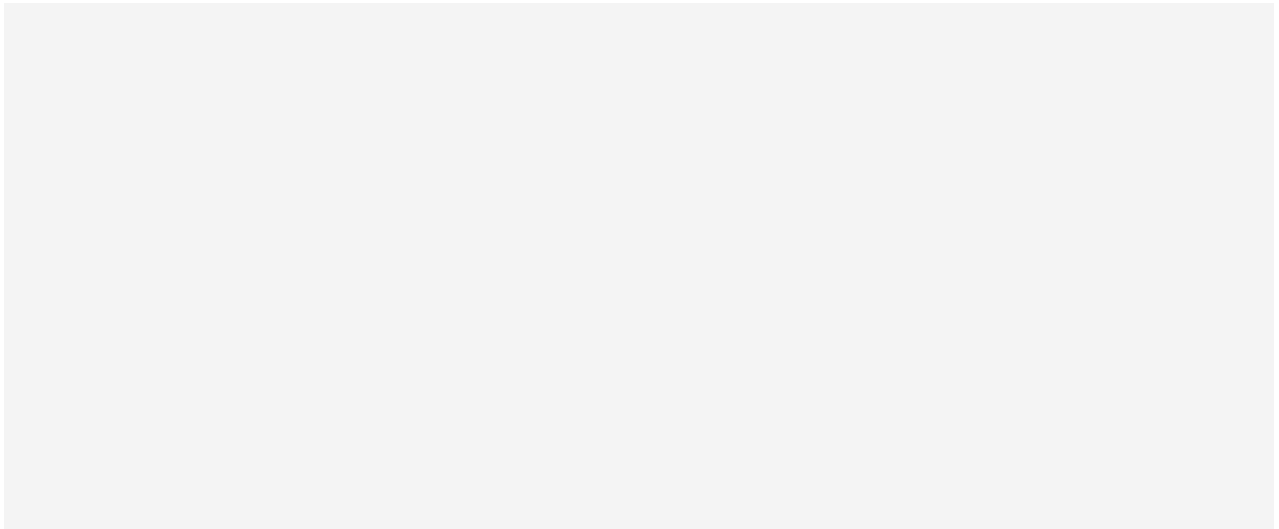
What are some possibilities that made this person fail in this expectation?

DISAPPOINTMENT ANALYSIS FRAMEWORK

Disappointment from a Person

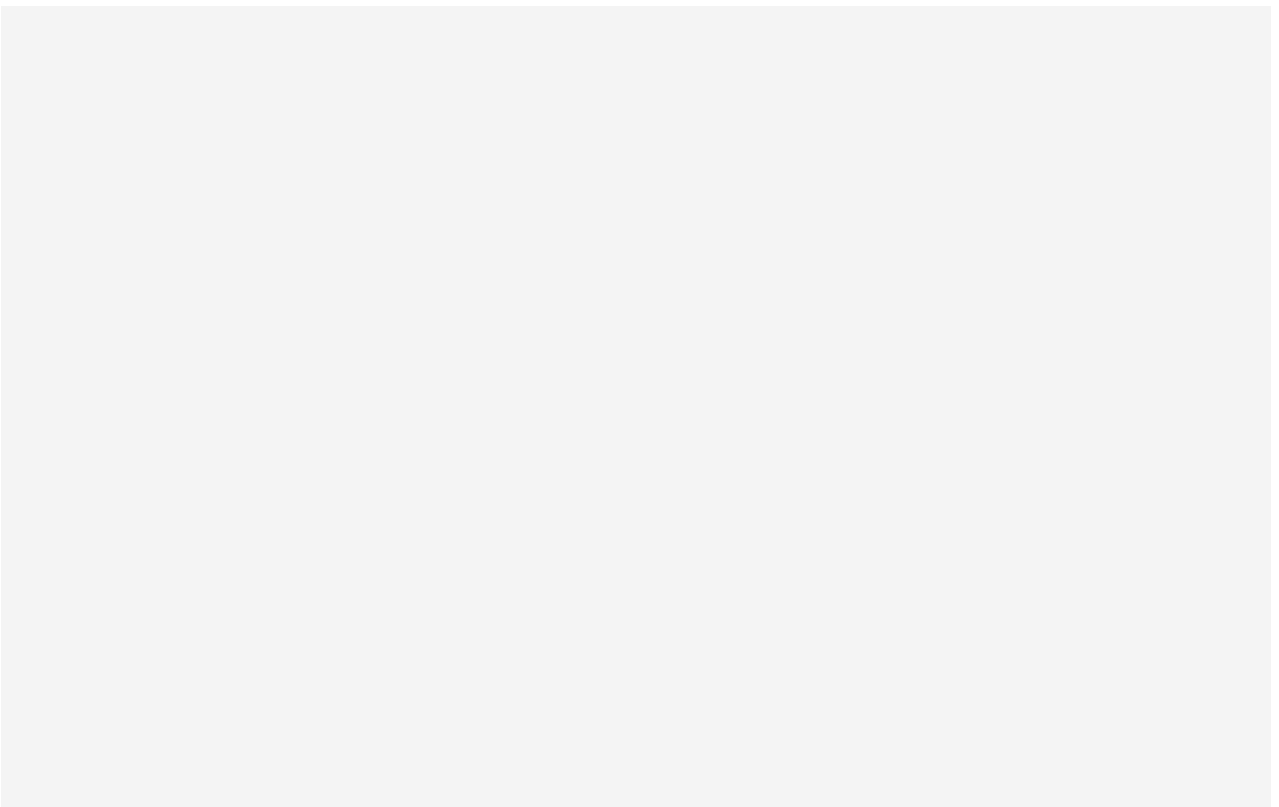
Step 7: Establish Next Steps

What steps can you take to move forward successfully?



REASSESS YOUR FEELINGS

How do you feel about the disappointment and the person now that you have analyzed the situation?



REFLECTIVE PRAYER

Here is a scripture that outlines what happens when you trust in the Lord and not in man or things in this life. This is a scripture that should be incorporated into a prayer over yourself. The words in parenthesis has been added for emphasis.

Jeremiah 17:5-6 NKJV

Thus says the Lord:

“Cursed (empowered to fail) is the man who trusts in man And makes flesh (a person) his strength (believes in the confidence of the ability of the person),
Whose heart departs from the Lord (removed their confidence and trust in the ability of God).

6 For he shall be like a shrub in the desert (your faith dries up), And shall not see when good comes (your perspective on life is now clouded by the disappointment), But shall inhabit the parched places in the wilderness, In a salt land which is not inhabited (you will begin to wander through life to the point of solitude due to the brokenness of pain of the disappointment).

REFLECTIVE PRAYER CONTINUED

Jeremiah 17:7-8 NKJV

7 “Blessed (empowered to succeed) is the man who trusts in the Lord, And whose hope is the Lord.

8 For he shall be like a tree planted by the waters (everything about you will have roots that are connected by the flow of the Spirit), Which spreads out its roots by the river (having the ability to bear fruit and experience the freedom of growth), And will not fear when heat comes (won't wither when disappointment or trouble comes); But its leaf will be green (to be healthy with great perspectives and a hopeful heart), And will not be anxious in the year of drought (even when things don't look like it is fruitful, you will not fret but remain in the joy of the Lord), Nor will cease from yielding fruit (because of your roots in the Spirit and your trust in God, you will still bear fruit in the works God call you to).

Journal your thoughts about this scripture below: