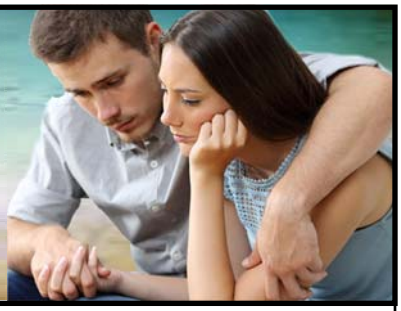
Disappointment

The feeling of dissatisfaction or loss when reality fails to match hope or expectations.



We have all experienced disappointment and I dare say, no one likes it. We live in a broken world filled with broken and sin-prone human beings and too often reality does fail to match our hope or expectations. It is a part of the human experience beginning with the first humans - there must have been great disappointment when Adam and Eve suffered the consequences of their disobedience as they were banished from the Garden of Eden. So, whether it is disappointment with things that have gone on in the world around us, or disappointment with our spouse, the question really is; what are we going to do with the disappointment we experience?

Paul wrote in 2nd Corinthians 4:17: "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all." It is a nice sentiment that our troubles and disappointments are gaining eternal glory, but what about those problems we face today? How do we deal with a spouse (or child, friend, or any number of people) who have let us down *again*? Paul went on to say in verse 18; "So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." Yes, we address wrong or hurtful behavior, but we must not become fixated on the disappointment. As we read in Proverbs 3:5-6; "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Our disappointments are a call to trust in God's sovereignty and His perspective.

I can tell you that my words or behavior disappoints my wife to far too often and through that I become disappointed in myself because I do *not* want to disappoint my wife. Or her words or behavior (or lack of *expected* behavior) disappoint me. And I can again can be down on myself because I *shouldn't* have expectations; I *should* die to self and love my wife unconditionally. So, either way I have a choice. Am I going to become a bitter, angry person? Or am I going to trust in the Lord, my God? Sure, there are behaviors or failings that must be addressed; but I am *called* to address those things and move on. As Paul wrote in Philippians 4:6-7: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Our faith and trust in Jesus will bring us peace, even through our disappointments. Do you become fixated on your disappointments? Or do you run to Jesus in your disappointments?

A great quote to consider: *"If you are looking for someone to meet your needs, make you happy, and make your life worthwhile, you will be greatly disappointed, quickly discouraged, and basically unhappy the rest of your life. But, if you will just be the person God has made you to be, and find out how you can give your life to someone else by meeting their needs and making them happy, you will discover fulfillment, joy, and peace in ways you can't even imagine."* Kenn Kington

Helpful Resources: ***Fortified Marriages Resource page: www.fortifiedmarriages.com***

The *Fortified Marriages Manual and Workbook* is a great tool to help couples grow together in their marriage relationship.