Disappointments in Life

Who or what comes to mind when you think of the word disappointment? No one likes disappointment, but it’s inevitable. We usually encounter it in our lives in one of four ways. First, people disappoint us. Anyone who does not meet our expectations is a disappointment. On the flipside, we also disappoint others. Second, we are often disappointed in ourselves. We fail to live up to our own expectations. Third, we are disappointed in God. At the time we need Him most, He seems to be silent and absent. Disappointment leads to bitterness and anger toward God. Disappointment is a common experience. Since there’s no running away from it, how do we cope?

This selection of articles from Our Daily Bread offers a different perspective on disappointment and a radical approach to living that is intended to comfort you and encourage you to rise from the ashes of sorrow, pain, and turmoil into hope, joy, and peace. If you find these articles helpful and would like to receive this devotional, just complete the request form on this leaflet and send it to us. There is no subscription fee.

Disappointments in Life

Overview

By: Richard DeHaan

Do you ever feel helpless, overwhelmed, and completely defeated by circumstances? If you are disappointed with the result of your circumstances, you are not alone. Disappointment is a common experience.

Disappointments are not just about the outcome of our lives but also about our expectations. Expectations are our mental pictures of what we desire, need, and expect from ourselves and others. If we set the bar too high, disappointment will follow. Sometimes, our expectations are far from reality, and disappointment is inevitable.

Disappointment can lead to bitterness and anger, but it can also lead to faith and hope. When we are disappointed, we have the opportunity to turn to God and find comfort in His presence. Disappointment can be a gateway to spiritual growth and a deeper understanding of God’s plan for our lives.

Disappointment is a common experience. It’s not something we can avoid, but it’s something we can handle. By turning to God and relying on His strength, we can find hope and peace in the midst of disappointment.

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A Time To Cry

Day 5

P ASTOR and author Joseph Parker (1830–1902) commented about the closing words of Isaiah 35:10. “Sorrow and mourning will disappear,” he said. “Looking through the dictionary, you will occasionally come across a word marked ‘obsolete.’ The time is coming when sorrow and death will pass away, and God Himself will wipe all tears from our eyes. Then we will experience the truth that all these things are gone forever” (Revelation 21:4).

Keep looking up! —Richard DeHaan

OBSELETE

Day 6

OBSELETE

Those who have been ransomed by the blood of the Lamb and have been crowned with everlasting joy and mourning will be filled with joy and holiness. —Isaiah 35:10

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Disappointments in Life

No one is helpless. Whose hope is in God.
I started wearing glasses when I was 10 years old. They are like a crutch for me, allowing me to see my 50-something eyes are losing their battle against time. When I was younger, I thought glasses were a nuisance—especially when playing sports. Once, the lenses of my glasses got cracked while I was playing softball. It took a few days for me to get them replaced. In the meantime, I used to use a pair of contacts in a skewed and distorted way.

In life, pain often functions like a crutch that helps us within a conflict between what we experience and what we believe. Pain can give us a badly distorted perspective on life—and on God. In those times, we need our daily bread. He will help us to see everything clearly.

As we turn our eyes to the Lord in times of pain and struggle, we will experience His comfort and hope in our daily lives. He will help us to see everything clearly. He is our refuge and strength and our constant helper in distress. God is our refuge and strength, and as our refuge, we will have hope in our hearts and minds.

“In our own seasons of disappointment, we too can find comfort in God, who cares for our broken hearts. His heart is touched with my grief; He will grant me my petition. He will be my unchangeable Strength in a world that is changing constantly. He will give me His own heart and His own ways. He will give me the same heart and same ways as his own Son, and I can be changed from within.”

The psalmist David also experienced hopeless disappointment on life—and on God. In those times, we need our daily bread. He will help us to see everything clearly. As we turn our eyes to the Lord in times of pain and struggle, we will experience His comfort and hope in our daily lives. He will help us to see everything clearly.

As the sun was setting on our daily bread, God was giving me His power and strength. He was giving me His own heart and His own ways. He was giving me the same heart and same ways as His own Son, and I can be changed from within.”

Looking for someone who won’t disappoint you? Look to Jesus.

WHERE TO LOOK

RECORDING ARTIST: James Taylor

RECORDED IN: 1970

SONG: “Fire and Rain”

In it, he talked about the disappointments of life, describing them as “sweet dreams and flying machines in pieces on the ground.” That was a reference to Taylor’s own hand flying machine, which he was attempting to break at the recording industry. He was deliberately trying to bring down Taylor with a sense of feeling hopeless and purposeless.

The pianist David also experienced hopeless despair as he struggled with his own failures, the attacks of others, and the disappointments of life. In Psalm 6:6, he prayed, “Turn our eyes upon Jesus, the one who initiates and perfects your faith. He is looking to you today. He is looking to you to remember that God’s compassions never fail (Lamentations 3:22). He will grant you and me His own heart and His own ways.”

A 20th-century woman who talked about a national normal was “grief, shock, and disbelief!” Yet the same day he was born, God used Philip to rescue him. “Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace, which exceeds anything we can understand. He will guard your hearts and minds as you live in Christ Jesus.”

When life’s troubles hit us like a tidal wave, we can ask God to rescue us. “Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace, which exceeds anything we can understand. He will guard your hearts and minds as you live in Christ Jesus.”

When you look at Christ, your heart and mind will be changed. When you look at Christ, your heart and mind will be changed.

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WHERE TO LOOK

RECORDING ARTIST: James Taylor

RECORDED IN: 1970

SONG: “Fire and Rain”
**Day 1**

**Rec**ording artist James Taylor exploded onto the music scene in early 1970 with the song “Fire and Rain.” In it, he talked about the disappointments of life, describing them as “sweet dreams and flying machines in pieces on the ground.” That was a reference to Taylor’s own hand flying model plane, which went through the air, causing him to wonder if his dreams of a musical career would ever come true. The reality of crushed expectations had taken their toll, leaving Taylor with a sense of loss and hopelessness.

The psalmist David also experienced hopeless despair as he struggled with his own failures, the attacks of others, and the disappointments of life. In Psalm 6:6, he says: “Father of mercies and God of all comfort, turn your eyes to the Lord in times of pain and struggle, we will experience His comfort and hope in our daily lives. He will help us to see everything clearly and our lives will be at rest.”

**Day 2**

**Cracked Lenses**

**Read:** Psalm 141

I started wearing glasses when I was 10 years old. They were a nuisance—especially when playing sports. Once, the lenses of my glasses got cracked while I was playing softball. It took several weeks to get them replaced. In the meantime, I realized the comfort and clarity of sight usually begins when we turn our eyes upon the Lord. The psalmist encouraged us to do this: “I look to You for help, O Sovereign Lord; You are my refuge and my strength, my very steadfast hope in times of trouble.”

In our own seasons of disappointment, we too can find comfort in God, who cares for our broken hearts. As we turned our eyes to the Lord in times of pain and struggle, we will experience His comfort and hope in our daily lives. We will help us to see everything clearly and for your help, O Sovereign Lord; You are my refuge and my strength, my very steadfast hope in times of trouble.”

**Day 3**

**Source of Hope**

**Read:** Lamentations 3:19-22

The faithful love of the Lord never ends! His mercies never cease. —Lamentations 3:22

What is good faith when all seems lost? I’ve asked that penetrating question in my life, and not long ago I received a letter from a mom who has asked of herself. She told me that she and her husband set out in their marriage to seek God’s will for their lives and entrust their future to Him. Their second son was born with Down syndrome. Their initial response was “grief, shock, and disbelief.” Yet the same day he was born, God used Philip- pians 4:6-7 to put peace in their hearts and minds: “Don’t be anxious about anything. Instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace.”

Feeling hopeless reminds us that a personal crisis with no foreseeable end will run out of money before we run out of time. Maybe it’s a personal crisis with no foreseeable solution or a failure too great or a fear that will last for the rest of our days.

What crisis do we face today? It could be terrorism and its uncertain aftermath. Or the economy and the fear that we will run out of money before we run out of time. Maybe it’s a personal crisis with no foreseeable solution or a failure too great or a fear that will last for the rest of our days.

*Looking for someone who won’t disappoint you? Look to Jesus.*

—Hebrews 12:1-2

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I started wearing glasses when I was 10 years old. They were a nuisance—especially when playing sports. Once, the lenses of my glasses got cracked while I was playing softball. It took several weeks to get them replaced. In the meantime, I used my reading glasses and lived with a skewed and distorted view.

In life, pain often functions like a lens to bring us into a conflict between what we experience and what we believe. Pain can give us a badly distorted perspective on life—and on God. In those times, we need our Lord to provide us with new lenses to help us see clearly. This is why David referred to God as his "eyes [of] understanding" (Psalm 119:18). The hope we find in Christ helps us see things in a way we could not otherwise see.
Day 1

I am worn out from sobbing. All night I kept watch in tears. My soul weeps, drenching it with tears. All night I did not sleep. I kept saying, ‘Truly I would speak, but no one answers me.’ I will look to the LORD, who is the help of my soul; my salvation is from him.” (Psalm 6:5-6)

O yes, the tears—I know He cares! His heart is touched with my grief; when the days are weary, the long nights dreary.

No one is hopeless whose hope is in God.

Bill Crowder

—Psalm 6:6

Looking for someone who won’t disappoint you? Look to Jesus.
A Time To Cry

Jesus wept.

John 11:35

Jesus wept.

John 11:1-7, 32-36

reAd:

A Time To Cry

Read: Isaiah 35

Those who have been ransomed by the Lord will be filled with joy and gladness. Those things that hurt, our trials and losses, will pass away, and God Himself will wipe all tears from our eyes. Then we will experience the truth that "What we suffer now is nothing compared to the glory He will reveal to us later" (Romans 8:18). A brighter day is coming when sorrow and death disappear, and they will be obsolete. The time is coming when sorrow and death will pass away, and God Himself will wipe all tears from our eyes. Then we will experience the truth that "there will be no more death or sorrow or crying or pain. All these things are gone forever" (Revelation 21:4). Keep looking up! —Richard DeHaan

M"father (Richard DeHaan) had been battling a debilitating disease for many years. We asked the Lord to take him home. But on that night, I held his hand and watched him take his last breath. The tears I had choked back on other occasions came out like a flood. As my broth- ers and my mother hugged and prayed over him, I finally let the tears flow, whelming.

That event helped me understand the significance of the shortest verse in the Bible: "Jesus wept." (John 11:35) God the Son wept! He knew the reality of heaven. He was the source of all hope of a future day of resurrection. And yet, Jesus cried. He loved His friends Mary and Martha and Lazarus so much that "He was deeply troubled." (v.33) Jesus truly felt their heartache.

When someone we love dies, we struggle with a wide range of emotions. If a young person dies, we ask "Why?" When death comes after long-term suffering, we struggle to understand why the Lord waited so long to bring relief. We begin to think of God as unjust, uncaring and unloving. When we love someone, why did He abandon us? Why did He turn His back on us?

"Why?" is a common reaction to death. But it's not the only question. "Why not?" is another common question. Why didn't the Lord intervene sooner? Why did He allow death to come now? Why didn't He prevent this? Why is there pain and suffering in the world? Why did God allow it to happen?

Are you troubled by such seemingly insurmountable problems? Are you lonely, heartbroken, or disappointed? If you are a child of God, dwell on the words of Isaiah: "When the two words 'obsolete' come across a word dictionary, you will occasionally come across a word marked 'obsolete.' The time is coming when sorrow and death will pass away, and God Himself will wipe all tears from our eyes. Then we will experience the truth that 'there will be no more death or sorrow or crying or pain. All these things are gone forever.' (Revelation 21:4)."

Are you burdened by something as seemingly insurmountable as a broken relationship? Is it a situation that you can't change? Is it beyond your control? Is it something you pray for every day and nothing seems to change? Is there no peace? Is there no resolution? If so, you are not alone. You are not the only one who suffers in this world. You are not the only person who has problems.

Why is there pain and suffering in the world? Why did God allow it to happen? Why did He allow something to happen that He knows will cause pain and suffering? Why did He allow something to happen that He knows is wrong?

There are many reasons why God allows pain and suffering. One reason is that He wants to use it to draw us closer to Him. Another reason is that He wants to use it to strengthen us. Still another reason is that He wants to use it to test us. He wants to see if we will trust Him even in the midst of pain and suffering. He wants to see if we will rely on Him even when everything else fails.

Are you discouraged? Are you feeling down? Are you struggling to remain strong in the midst of pain and suffering? If so, you are not alone. You are not the only one who suffers in this world. You are not the only person who has problems.

But there is hope. There is a better world to come. A world without pain and suffering. A world where everything is perfect. A world where God is in control. A world where there is no more pain and suffering.

Day 5

If you doubt that Jesus cares, remember His tears.

Day 6

Disobedience

Pastor and author Joseph Prince (1890–1902) commented about the closing words of Isaiah 35:10. "Sorrow and mourning will disappear." He said, "Looking through the dic- tionary, you will occasionally come across a word marked 'obsolete.' The time is coming when sorrow and death will pass away, and God Himself will wipe all tears from our eyes. Then we will experience the truth that 'there will be no more death or sorrow or crying or pain. All these things are gone forever.' (Revelation 21:4)."

Human existence has been marked by tragedy, heartache, disappointment, and evil. It's comforting to know that the time is coming when sorrow and death will pass away, and God Himself will wipe all tears from our eyes. Then we will experience the truth that "there will be no more death or sorrow or crying or pain. All these things are gone forever." (Revelation 21:4). Are you burdened by something as seemingly insurmountable as a broken relationship? Is it a situation that you can't change? Is it beyond your control? Is it something you pray for every day and nothing seems to change? Is there no peace? Is there no resolution? If so, you are not alone. You are not the only one who suffers in this world. You are not the only person who has problems.

But there is hope. There is a better world to come. A world without pain and suffering. A world where everything is perfect. A world where God is in control. A world where there is no more pain and suffering.

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No one is helpless. Whose hope is in God.

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Disappointment is a common experience. Since no one is immune to disappointment, it is inevitable. We usually encounter it in our lives in one of four ways. First, people disappoint us. Anyone who does not meet our expectations is a disappointment. On the flipside, we are often disappointed in ourselves. We fail to live up to our own expectations. Third, we are disappointed in our circumstances. Unexpectedly, we have become the unexpected, unprepared for our unexpected circumstances. Unexpectedly, we have become the unexpected, unprepared for our unexpected circumstances. Unexpectedly, we have become the unexpected, unprepared for our unexpected circumstances.

If you doubt that Jesus cares, remember His tears. Jesus shed tears too. The Bible’s shortest verse, “Jesus wept,” (John 11:35). God knows our burdens and our crosses, He cares for every soul that cries, remember His tears.

Heaven—no pain, no night, no death, no tears.

Think of a land of no tears. —Anon.

Think of a land of no sorrow, no sighing, death and mourning will all be obsolete. The time is coming when sorrow and death will pass away, and God Himself will wipe all tears from our eyes. Then we will experience the truth that “there will be no more death or sorrow or crying or pain. All these things are gone forever” (Revelation 21:4).

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