

Looking Beyond Disappointment!

Pastor's Desk – February 5, 2017



Disappointment is something we will have in life and have to live with whether we like it or not! Being disappointed isn't really the worst thing in life; the way we respond to disappointment is!

Let's look at the Holy Bible. King David once went through a rough time in life and this is what he said and how he reacted in the midst of disappointment: Psalm 77:2-4: "My Lord, in my time of trouble I came to you. I reached out for you all night long. My soul refused to be comforted. I thought about you, God, and tried to tell you how I felt, but I could not. You would not let me sleep. I tried to say something, but I was too upset." (ERV) By reading these verses we can see that things were not quite as sweet as one could wish, but in the middle of that turmoil he shifted his focus and sadness to the only one who could comfort and help him- God! One may ask how could we see this in the scripture we just read? In verse eleven he continues: Psa. 77:11-13: "I will keep in mind the works of the Lord: I will keep the memory of your wonders in the past. I will give thought to all your work, while my mind goes over your acts of power. Your way, O God, is holy: what god is as great as our God?" (BBE)

When dealing with frustrations and disappointment, the best way to handle it, according to King David is by keeping our minds busy remembering the acts of power, the miraculous deeds of our God, instead of concentrating on the problem! Dealing with frustration can be done by either focusing on the frustration itself or concentrating on the mighty deeds of our God!

So, let's do like King David: Psa. 77:14-15: "You are the God who does works of power: you have made your strength clear to the nations. With your arm you have made your people free..." Let's then focus on the greatness of our God instead of being obsessed with our frustrations. It always works!

In Him, Pr. Paul