

## Disappointment – Week 4 – Elizabeth Woodson – 9-25-22

1. What is different about your life than what you expected?

*Deuteronomy 34:8 - The Israelites grieved for Moses in the plains of Moab thirty days, until the time of weeping and mourning was over.*

*Joshua 1:1-9 – After the death of Moses the servant of the LORD, the LORD said to Joshua son of Nun, Moses' aide: <sup>2</sup> "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. <sup>3</sup> I will give you every place where you set your foot, as I promised Moses. <sup>4</sup> Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. <sup>5</sup> No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. <sup>6</sup> Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. <sup>7</sup> "Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. <sup>8</sup> Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. <sup>9</sup> Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."*

Joshua did three things in facing the disappointment of Moses' death:

- Lament – Joshua and nation mourned Moses' death for thirty days.
- Remember – God reminds Joshua of His faithfulness and promises.
- Live – God encourages Joshua to live intentionally with strength and courage.

### LAMENT

2. When you are at your worst, how do you tend to respond to disappointment? (Anger, Fear, Withdrawl)
3. We often seek comfort in our disappointment. What is your 'go to' comfort? (Eating, Drinking, Shopping, Distractions, Sleeping)
4. Sometimes we seek to control in our disappointment. What ways might you try to control?
5. How might you lament or mourn your disappointment?
6. How does lament help us to transform our pain for good rather than transmit our pain onto others?
7. Elizabeth gave us three steps to lamenting our disappointment: Telling God, Asking God for help & Trusting God to see us through it. Which one of these is hardest for you?
8. Is there something that you need to lament to God about?

### REMEMBER

9. Reread Joshua 1:3-8. What promises does God remind Joshua of?
10. Elizabeth said, "Your feelings are real, but they are not always reliable." How are you feelings unreliable indicators of what is going on?
11. What promises has God made to you that would be helpful to remember in disappointment?

*Jeremiah 29:11, Philippians 4:19, Isaiah 41:10, Deuteronomy 31:8, John 16:33, Mathew 11:28-29, Romans 8:28, 1 John 1:9, Philippians 4:6-7*

12. What promise(s) of God bring you the most encouragement?
13. Elizabeth said there are two lies we sometimes believe when facing disappointment: that God is not in control, or that God is not faithful and good. Which one of these lies would you tend to believe when facing disappointment?
14. What do you need to remember about God when you face disappointment?

15. What are some ways that you can remind yourself of the truth of God's promises?

#### LIVE INTENTIONALLY

16. Three times in these few verses God tells Joshua to, "Be Strong & Courageous". Why do you think that is?

17. In what area do you need to be strong and courageous in your life?

18. God gave Joshua specific next steps to follow Him, what next steps is God asking you to take?

- GATHER – Attend church regularly, Connect with a group consistently.
- GROW – Regularly read the Bible & Pray
- GIVE – Serve others, Give generously
- GO – Love others and Share Jesus

19. What does living intentionally look like for you today?