

HANDLING DISAPPOINTMENT

Psalm 62:5 ... "My soul, wait silently for God alone. For my expectation is from Him."

No one likes to be disappointed, but it is an emotion most of us face quite often. Most of my disappointments are very small and I overlook them quickly. However, on occasion a disappointment can hang-on for more than is a healthy length of time. We must then deal with it more seriously.

Recently I made plans to visit close friends. We mis-communicated and our schedules sent us in opposite directions. The visit did not happen. I had spent many hours preparing lots of food I thought my friends would enjoy. I live in a community in which few people can talk to me, making visits with good friends a rare occurrence. So, I was anticipating a great time of fellowship and conversation. But when the visit did not happen, I was briefly hit hard by disappointment.

My disappointment turned into frustration that my family noticed and worried about. The disappointment and frustration only lasted about an hour, but it affected those around me. When the Holy Spirit showed me I had built up unrealistic expectations and developed an inappropriate response, I realized the problem was me, not my friends or the circumstances. I confessed that to God and apologized to my family. I was then able to finish the day without a dark cloud over my head.

We are vulnerable to our emotions, which satan uses to strong-arm us into self-centeredness and selfishness. Being a foreigner with few local friends and fewer people to talk to, I am vulnerable to the emotions associated with aloneness. Satan knows that. Our sufficiency should be in Christ, but sometimes we appoint friends and family members to make us happy. Not only are they poor alternatives to Christ, but it places an unfair burden on them. My joy comes from my relationship with Christ and my happiness is a personal choice, not someone else's responsibility. The love and kindness of my family and friends supplement my happiness, but they are not my principle sources and it is a sin if I expect too much from them.

Do you allow disappointments to dictate your mental attitude and behavior? Do your disappointments take-over your emotions and bury you in sadness? If so, you (we) need to be reminded of today's verse in which we learn that God alone is our sufficiency. We need only be silent and wait for him; expect him and him alone to fulfill the promise he has made to us; the promise to be our eternal friend.

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