

You've heard the proverbial phrase,
"When life gives you lemons, make lemonade!"

It's intent is to encourage us to take the most discouraging moments in life, and find the good in them.

When we study the life of Jesus, we see a man who was betrayed by his friends, misunderstood by those around him, and seemed to have lost everything – Jesus understood disappointment.

Everyday, we encounter situations at home and at school that leave can leave us feeling broken and discouraged.

This lesson teaches us: Never lose heart... God is always with you!

– *Nick Diliberto, Ministry to Youth*



LESSON ON DISAPPOINTMENT

Written by: Tiffany Hollums

Bible: John 16:33

Bottom Line: Never lose heart... God is always with you!

TEACH

Think about one of the best days of your life: What happened? What made it so great?

Okay... now, think about one of the most disappointing days of your life... what happened?

Let's face it, there are just some days that aren't that great. Life can be really hard.

And here is something that sometimes Christians don't talk about much: God knows that life is hard.

God never promised us that this life would be easy, in fact, Jesus told his disciples and us these amazing words...

Read John 16:33.

And if anyone knows how hard this life can be, wouldn't it be Jesus?

But listen to the amazing hope and promise that He gives to us – He has overcome the world *and* He has come to give us peace.

And you hear a similar reminder in other parts of the Bible too.

Read 2 Corinthians 4:16-18.

“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal”

You start to get the idea that what Jesus is giving us is a peace that is beyond anything that can ever happen in our lives.

Life hands us lemons and Jesus says to just keep your eyes on Him and watch what He does.

Does it mean that everything is “poof... perfect!”? You just magically get the grade on the test that you wanted... or you make the team?

Not necessarily, but what He does promise us is that if we look above the things of this life, and look to Jesus that we see things differently.

When the world sees chaos, we see peace. When we should lose hope, we find joy.

It really doesn't make sense, but it does. And that is why Paul says in the verse that I just read – Don't lose heart.

What are some of the reasons that you can think of as Christians that we shouldn't lose heart?

Not only do we have eternal hope and know that even when this world ends and our bodies die, we will be with Jesus... but even as our bodies get old and the world seems to be falling apart, God is making all things new. The things that are eternal are beyond what this world sees.

Jesus came into a world filled with darkness and death and despair and turned things upside down. And that is why we, as God's people, are the ones that have hope even in the darkest times because we *have* a hope.

We know that this world is not all that there is. We know that even though we might be disappointed or beaten down, that God is with us.

It really is all about perspective. Choosing to see things from God's point of view. Choosing to see lemonade, instead of sour lemonade. Choosing to see the love that God has for us that can't be stopped. Not even death.

In this life, we will have disappointments and hurts. But, don't lose heart because you are not alone and God loves you so much. And the peace and the hope that comes through Jesus is honestly the kind of thing that won't fade. No matter what kind of disappointments you may face.

And when the times get tough, you know that there is one you can go to who understands disappointment like no one else: someone who was betrayed by his friends, misunderstood by those around him, and seemed to have lost everything.

Jesus knows disappointment and that is why his words to us should ring so clear...

Read John 16:33.

"I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world." So, take heart.

QUESTIONS TO THINK ABOUT

1. Who is someone that you have seen struggle with disappointment and how did they handle it?

2. What disappointments are you struggling with?

3. Which disappointment that Jesus faced can you identify with the most?

4. How does it make you feel to know that Jesus had disappointments?
