

Week 5: Dealing with Disappointment

Read Matthew 13:3-9 (MSG) ~ What you plant today {in good soil} will produce a harvest beyond your wildest imagination.

Together, you are tending the same garden. A season of disappointment can produce a lifetime of weeds or a plentiful harvest of really-good fruit.

Five steps to deal with disappointment:

1. Identify the disappointment— Often, we are so afraid to call it what it is. You're disappointed — And it's okay to feel that way. Name it. Recognize it and own where you are with it. If you are unwilling to look back, you will not be able to move forward.

2. Recognize your feelings— Remember, your feelings are just that... feelings. They are real, but they don't get to boss you around. Write out what you are feeling about the season of disappoint you are in. Process it with the Lord—Now #3

3. Have the conversation— Disappoint is rooted in something. You aren't getting something you feel you need, be it... emotional connectedness, physical touch, affirmation or maybe the disappointment associated with an affair, pornography, a job loss, a big move, lack of direction....

~ Prepare your heart for this conversation because there's a good chance the root is deep. Don't aggressively pull it up or you will cause significant pain and damage that you don't intend on causing. Have the conversation(s). Be ready to listen, communicate, and respond in a way that affirms and builds up your spouse.

4. Take steps toward change. "Failure to plan is planning to fail."
Ask the questions: What are we going to do about this, together? What do you need from me? And what do I need from you?
Determine your steps forward. Plan for change that will prepare you both for the next season.

5. Determine your mindset.

Your spouse is not responsible for your happiness—You are.
There are things in life that will not change immediately (finances, health, location, vocation...) Your mindset will help you move forward in a way that is healthy for both of you. Read and memorize Philippians 4:8 (You'll need it)