



GOD IS _____

Part 19:
God is My Answer to Disappointment

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A Common-Sense Truth about Life:
The gap between my expectations and my reality
is entirely composed of disappointment.

My False Belief:
People are disappointing
God is disappointed

When I am disappointed in life, I run to Psalm 62 where I see who God is.

Psalm 62

For the director of music. For Jeduthun. A psalm of David.

¹ Truly my soul finds rest in God;
my salvation comes from him.

God is peace
God is salvation

² Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

God is stable

³ How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

⁴ Surely they intend to topple me
from my lofty place;
they take delight in lies.

God is aware

With their mouths they bless,
but in their hearts they curse.

⁵ Yes, my soul, find rest in God;
my hope comes from him.

God is peace
God is hope

⁶ Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

⁷ My salvation and my honor depend on God
he is my mighty rock, my refuge.

God is dependable
God is shelter

⁸ Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

God is trustworthy
God is listening

⁹ Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;
together they are only a breath.

¹⁰ Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

¹¹ One thing God has spoken,
two things I have heard:
“Power belongs to you, God,
¹² and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”

God is permanent

God is everything

God is enough

God is paramount

God is speaking

God is powerful

God is unfailing love

God is rewarding..

...and responsible. (Gal 6:7)

Small Group Questions

- 1) Who are you disappointed with right now? Why?
- 2) So far, what have you done with disappointment? Has it helped or hurt?
- 3) Read Psalm 62 again remembering that David wrote this in the middle of crisis. Of all the ways David fills in the blank "God is _____," which one means the most to you?
- 4) Do you have enough margin in your life to write a song? Or take a walk? Or take a nap? If so, do it! If you don't have the margin, why not? What can you do to change that?
- 5) How does knowing who God is help you handle disappointment?
- 6) What do you need prayer for today?