

# Disappointment

Emotions: Getting A Grip On Your Heart & Mind

## Reminder #1

Keep Godly \_\_\_\_\_

**Psalm 42:1** As the deer longs for streams of water, so I long for you, O God. **2** I thirst for God, the living God. When can I go and stand before him? **3** Day and night I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours?" **4** My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! **5** Why am I discouraged? Why is my heart so sad?... (NLT)

## Reminder #2

Keep Godly \_\_\_\_\_

**2 Samuel 16:5** As King David came to Bahurim, a man came out of the village cursing them. It was Shimei son of Gera, from the same clan as Saul's family. **6** He threw stones at the king and the king's officers and all the mighty warriors who surrounded him. **7** "Get out of here, you murderer, you scoundrel!" he shouted at David. **8** "The Lord is paying you back for all the bloodshed in Saul's clan. You stole his throne, and now the Lord has given it to your son Absalom. At last you will taste some of your own medicine, for you are a murderer!" **9** "Why should this dead dog

curse my lord the king?" Abishai son of Zeruiah demanded. "Let me go over and cut off his head!" **10** "No!" the king said. "Who asked your opinion, you sons of Zeruiah! If the Lord has told him to curse me, who are you to stop him?" **11** Then David said to Abishai and to all his servants, "My own son is trying to kill me. Doesn't this relative of Saul have even more reason to do so? Leave him alone and let him curse, for the Lord has told him to do it. **12** And perhaps the Lord will see that I am being wronged and will bless me because of these curses today." **13** So David and his men continued down the road, and Shimei kept pace with them on a nearby hillside, cursing and throwing stones and dirt at David. **14** The king and all who were with him grew weary along the way, so they rested when they reached the Jordan River. (NLT)

## Reminder #3

Keep Godly \_\_\_\_\_

**Psalm 42:5** ...I will put my hope in God! I will praise him again—my Savior and **6** my God! Now I am deeply discouraged, but I will remember you—even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. **7** I hear the tumult of the raging seas as your waves and surging tides sweep over me. **8** But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life. **9** "O God my rock," I cry, "Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?" **10** Their taunts break my bones. They scoff, "Where is this God of yours?" **11** Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God! (NLT)

#### Reminder #4

## Keep Godly \_\_\_\_\_

**2 Samuel 18:4** "If you think that's the best plan, I'll do it," the king answered. So he stood alongside the gate of the town as all the troops marched out in groups of hundreds and of thousands. **5** And the king gave this command to Joab, Abishai, and Ittai: "For my sake, deal gently with young Absalom." And all the troops heard the king give this order to his commanders. **6** So the battle began in the forest of Ephraim, **7** and the Israelite troops were beaten back by David's men. There was a great slaughter that day, and 20,000 men laid down their lives. **8** The battle raged all across the countryside, and more men died because of the forest than were killed by the sword. **9** During the battle, Absalom happened to come upon some of David's men. He tried to escape on his mule, but as he rode beneath the thick branches of a great tree, his hair got caught in the tree. His mule kept going and left him dangling in the air. **10** One of David's men saw what had happened and told Joab, "I saw Absalom dangling from a great tree." **11** "What?" Joab demanded. "You saw him there and didn't kill him? I would have rewarded you with ten pieces of silver and a hero's belt!" **12** "I would not kill the king's son for even a thousand pieces of silver," the man replied to Joab. "We all heard the king say to you and Abishai and Ittai, 'For my sake, please spare young Absalom.'" **13** And if I had betrayed the king by killing his son—and the king would certainly find out who did it—you yourself would be the first to abandon me." **14** "Enough of this nonsense," Joab said. Then he

took three daggers and plunged them into Absalom's heart as he dangled, still alive, in the great tree. **15** Ten of Joab's young armor bearers then surrounded Absalom and killed him. **16** Then Joab blew the ram's horn, and his men returned from chasing the army of Israel. **17** They threw Absalom's body into a deep pit in the forest and piled a great heap of stones over it. And all Israel fled to their homes. **18** During his lifetime, Absalom had built a monument to himself in the King's Valley, for he said, "I have no son to carry on my name." He named the monument after himself, and it is known as Absalom's Monument to this day. (NLT)

**2 Samuel 18:32** "What about young Absalom?" the king demanded. "Is he all right?" And the Ethiopian replied, "May all of your enemies, my lord the king, both now and in the future, share the fate of that young man!" **33** The king was overcome with emotion. He went up to the room over the gateway and burst into tears. And as he went, he cried, "O my son Absalom! My son, my son Absalom! If only I had died instead of you! O Absalom, my son, my son." (NLT)

## Reminder #5

### Keep Godly \_\_\_\_\_

**2 Samuel 19:1** Word soon reached Joab that the king was weeping and mourning for Absalom. **2** As all the people heard of the king's deep grief for his son, the joy of that day's victory was turned into deep sadness. **3** They crept back into the town that day as though they were ashamed and had deserted in battle. **4** The king covered his face with his hands and kept on crying, "O my son Absalom! O Absalom, my son, my son!" **5** Then Joab went to the king's room and said to him, "We saved your life today and the lives of your sons, your daughters, and your wives and concubines. Yet you act like this, making us feel ashamed of ourselves. **6** You seem to love those who hate you and hate those who love you. You have made it clear today that your commanders and troops mean nothing to you. It seems that if Absalom had lived and all of us had died, you would be pleased. **7** Now go out there and congratulate your troops, for I swear by the Lord that if you don't go out, not a single one of them will remain here tonight. Then you will be worse off than ever before." **8** So the king went out and took his seat at the town gate, and as the news spread throughout the town that he was there, everyone went to him. *(NLT)*

## Reminder #6

### Keep Godly \_\_\_\_\_

**Psalm 43:1** Declare me innocent, O God! Defend me against these ungodly people. Rescue me from these unjust liars. **2** For you are God, my only safe haven. Why have you tossed me aside? Why must I wander around in grief, oppressed by my enemies? **3** Send out your light and your truth; let them guide me. Let them lead me to your holy mountain, to the place where you live. **4** There I will go to the altar of God, to God—the source of all my joy. I will praise you with my harp, O God, my God! **5** Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God! *(NLT)*

**When you are ready...**  
**Go All In and Sign the poster.**  
Statement and Reminder of faith, of commitment.

**2021 Devotions:**  
**1 Chapter for 1 Week**

**This week: Psalm 42**  
Read, Dwell, Read, Think, Read, Live