



Bella and Henry—dealing with disappointment

“It’s Okay to not be Okay”



Bella’s Story.....

I am writing this on the day I would have had my last GCSE exam and therefore my last day at school. This would then have been the start of my Summer plans some of which included, Oceanfest with my friends, School Prom (I already had my dress!), holiday in Derbyshire followed by a school exchange trip to Australia—all of this now cancelled and I am left feeling disappointed as it feels like I had been planning this and looking forward to it for years!

I have been keeping myself busy doing some Open University and UN short courses which has helped to keep me motivated and grateful for what I have. One of my courses has been on Climate Change which as a result, I have joined Greenpeace.

I am disappointed to have missed out on so much this year but grateful for my health and looking forward to getting my GCSE results

Henry’s Story.....

I have had some very disappointing news today—we have to do end of year exams at home!!

Before lock-down I had secured trials for a professional football contract—I had just got myself back to full fitness after a nasty stud injury to my leg and I was feeling good about myself. I am not expecting Football Clubs to go back to investing in Academies for quite some time and I wonder if I have missed my chance?

I have really missed playing football and seeing my friends—I was looking forward to a football tournament in France at the end of May—playing a different standard of football in a different country with my friends—I was so excited.

Mum and Dad have had a goal post put in our garden for lock-down and I am lucky to be able to play outside and keep myself fit. I feel disappointed to have missed so much that I have been looking forward to but I’m happy that I am at home with my family.



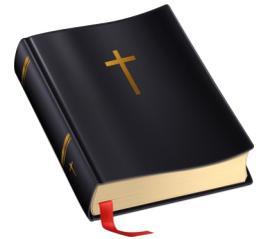
Did you know?

As an emotion, researchers describe “disappointment” as a form of sadness—a feeling of loss, an uncomfortable space (or a painful gap) between our expectations and reality. Disappointment can be a passing emotion over a temporary low or it may strike powerfully when something permanently changes in our lives.



Our Plan to Deal with Disappointment.....

- Give you disappointment to God—when something has happened in your life, it is natural to grieve and to be upset or frustrated—trust in Him to meet you.
- Take time to heal and question and possibly revise your expectations.
- PRAY—big things happen when we pray and read the Bible.
- Listen and wait—believe in God’s plan and trust Him.



We looked in the Bible to see what it tells us.....

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. -Philippians 4:6-7

Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall. -Psalm 55:22

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. Romans 8:28

Dear God, Your love is greater than my disappointments and Your plans for my life are better than my own. All my thanks and praise go to You—AMEN.



How about seeing life’s disappointments as God’s appointments and as being according to his purposes?