

Dealing with Disappointment[©]



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Introduction

Scripture paints a vivid picture of the love of God and of how passionately He cares for His own. One of the first things I discovered when I became born again was the love of God; I knew how much God loved me. I came from a household who had no father present and to me it was even more of a miracle that I believed God loved me with the love of a father when I had grown up without a father in the home.

God loves His people. There is no question about that. He loves us so much that He sent His only Son, Jesus, to die on the cross for us, take our sin and the penalty of that sin. That is an amazing love.

Additionally, I know God is good; I have no question about that, through all the challenges of life; I still know that God is good. However, I must admit I don't always understand the ways of God. Most people are familiar with the acts of God, few understand His ways. Moses wanted to understand His ways. I, too, have come to the place where I want to understand the ways of God. This question of understanding His ways, for me, has nothing to do with the power of God and everything to do with gaining an understanding of why some things happen that I can't make sense of.

If you have walked with God very long it is quite possible that some things have happened that you simply don't understand; unanswered prayers, losing a love one, suffering abuse or pain, financial difficulty and so many more things in life can cause you to

question what is going on and if God is really there. These things can cause disappointment and disappointment, if left unchecked is a dangerous thing.

I believe one of the greatest conflicts to the flow of miracles and blessings in the life of an individual is unresolved hurt from past disappointments. Furthermore, no one tells us what to do when we become so disappointed that it makes our heart sick, therefore it goes on and on without being dealt with.

Disappointment comes from things we can't understand and have no answer for. If disappointment is not resolved, if it is simply pushed down time after time, the problem will continue to be there – it must be dealt with, if not it will show its face over and over and it will cause us to walk in unbelief. Unbelief is partnership with a demonic force, we can't allow the spirit of unbelief to have access to our life and it can gain access through disappointment.

When disappointment remains it become the lens from which you view all things however, God can heal you from all disappointment and cause you to once again see everything through the eyes of faith.

Through this teaching I am going to walk you through my season of disappointment and how I overcame it and gained a closer, even more intimate relationship with God. In the midst of my season of disappointment I wondered if I would ever trust and rely on God as I once had. Today I am amazed that I trust Him even more than ever, I didn't think that was possible, but I have come to see that truly all things are possible with God.

It is my hope that you will be encouraged and that you will find you can walk through any season and come out with faith, hope and still confident of the love of God. He is so faithful. He remains faithful even through our seasons of doubt and fear and questions. He not only remains faithful but He remains close, an ever present God. He will not leave you, He never leaves you even when you can't feel His presence or hear His voice, even then He is there...closer than you can imagine.

Ours is a God that can be trusted and relied upon, this I know for certain.

A Season of Disappointments

For some Christians if they take one hit from the enemy and things do not work out the way they think or they have prayed, they walk away from God and stop trusting Him. They say things like 'I tried God and it didn't work for me.' However for most of us it takes a lot more than that to cause us to question God and His word. For most it takes a repeated attack from the enemy to bring the kind of disappointment I am talking about.

I am not talking about a feeling of 'oh, well, I thought it would work out for me.' I am talking about a feeling of 'God where are you? What is happening? I am standing on your word and it can't fail, why does it look like it HAS failed?' A deep seated disappointment that is what I am talking about.

Proverbs 13:12 says; ***Hope deferred makes the heart sick.*** I have read this scripture many times over the past 23 years, this year I literally lived it and today I want to share that story with you.

Let's take a look at this scripture. **Hope** is defined as what you are waiting for, hoping for and expecting. That sounds like faith to me. The word **sick** is defined as weak, sick and diseased. The word **deferred** means to be drawn out, to drag on and on and to postpone completely.

To me, the Message Bible says it perfectly, it says; ***Unrelenting disappointment makes the heart sick.*** That was what I had experienced, unrelenting disappointment. I had gone through a season of attacks that lasted years and seemed never ending, it simply wouldn't stop and through it all I continued to trust God, cry out to God and worship God...that was until the last hit came.

Over the past several years, about five or six years, I had faced attack after attack. It was no surprise to me, I believe if you are going to try to impact the world with the good news of God then attacks will come. Therefore I continued to stand on the word of God that says no weapon formed against me shall prosper. Frankly, from the outside you would have thought every weapon formed against me was prospering, yet I continued to believe what God said about me to be the only truth.

By the leading of the Lord, I started a business publishing a Christian magazine. Through it all God was with me, He would tell me certain things about the magazine, impossible things and then bring them to pass. It was amazing where He took that magazine to. Then one day in my prayer time He asks me if He could take me to a place where my faith was unshakable. I did not want to go there, I could feel it in my spirit, but I finally agreed. A few short weeks later everything had changed. I had to close my business, I lost hundreds of thousands of dollars, and it was horrible. But I continued to trust God. He said He was taking me somewhere and I believed Him.

Over the next couple years my marriage was tremendously attacked. My husband decided he didn't want to follow God; He

became unfaithful in all things. My family was under attack, things were happening in Breanne's life that was taking all our energy and faith to fight. It was a hard, hard season.

As for the ministry, it was new and I was putting most of my own money in it to keep it going. When it began to grow, it was at a snail's pace and it took years to simply cover the cost of running the ministry.

This season seemed to go on forever, yet at times, many times I would see the mighty hand of God at work in my life. I could trust in His faithfulness, I never questioned Him; I simply kept studying the word, worshipping God and trusting Him completely. And I had peace through it all – I never once doubted God or His word, my hope was in Him and I had perfect peace.

Then Jesse got sick. He had a kidney disease. I thought 'thank God, I sowed a kidney, so we have this one covered.' The Bible says whatever we sow that shall we reap. Years before Jesse was diagnosed I had given a kidney to a friend, therefore I was certain I would reap a kidney for Jesse.

He took dialysis for a couple years. The strain of it caused him to have issues with his heart. Therefore he had surgery on his heart. The doctors said he was doing great, he felt so much better. Everyone, including Jesse, knew he had a new lease on life, finally things were better and he would be able to live a full life. This was a young man with two small children. Jesse had a heart of gold, he was a good kid. I loved him dearly. I prayed for him daily. Many times

God would wake me up in the middle of the night to pray for him and I would pray until I had peace.

The day they called me to the hospital I was full of faith in God; I thought it was just another hurdle. When he suddenly took a turn for the worse and died, I was shocked. I could not believe it. I had stood on God's word, I had trusted and believed God...and he died. So young and so full of life and now he was gone. I simply had no way to understand it.

The next few days were filled with appointments and arrangements and to make matters worse, they asked me to do his funeral service. I couldn't sleep, I couldn't eat, and I had no clue what I was going to say. I kept crying out to God to simply help me get through one more day and He did. However when it was all over I was exhausted.

Even in my exhaustion I went back to work the following Monday. Every day I pulled myself out of bed, I spent a great deal of time crying. I worked in silence and I came home. I was devastated to say the least. Then a friend told me something very wise, he said that I was going to have to give myself time to grieve and it would take as long as it took.

Through those days and weeks I could feel myself falling deeper and deeper into a dark place. I would try to pray or read my Bible but I couldn't. All I wanted to do was lie on the couch and turn on a movie. Anything to stop my mind from working. I did that for weeks,

falling deeper and deeper into that dark place, I knew I had to make some changes, but I did not have the energy.

A week or so after we buried Jesse, something happened with Bryson that just broke my heart. I was driving down the road crying out to God on his behalf. I suddenly realized that I had no faith to pray for him, unbelief had slipped in along the way. That terrified me. I called a friend of mine and ask her to pray and I began to cry and tell her how I was feeling. You see, when you are in ministry, you are not supposed to hurt, you are not supposed to be disappointed and you certainly are never supposed to lose faith – I was at a place I had never been to before and I didn't know what to do.

So I cried as I talked to my friend and told her how I was feeling and she prayed for me and for Bryson. Through that conversation God showed me what had happened to me, it was profound to me and even though it was still weeks before I pulled myself up, that day I gained insight into what had happened to me.

When Jesse was in ICU, the night he died, they tried to resuscitate him several times. Each time he would come back but then several minutes later they would have to do it again. The doctor came in to talk to us and said 'we have resuscitated him as many times as we can and still have the person you knew as Jesse here.' He said 'when you resuscitate someone too many times it becomes damaging to them and it damages who that person is on the inside, you simply lose the vital part of who they were.'

That night as I talked to my friend, God showed me that this is what happened to my heart. He showed me that each time I had experienced an unrelenting disappointment I would push it down, revive myself and keep going, but after so many disappointments it had damaged a part of who I was on the inside, it had damaged my spirit, it had damaged my faith...now I needed a healing only God could do. I couldn't revive myself any longer; this would take an act of God.

That was a moment of great insight to me, I finally understood why my heart felt sick and diseased, I understood, but I still didn't know what to do about it; that took more time.

Disappointment & Unbelief

It's funny to me, but when I look over the past years motivations I can see that God was trying to prepare me for this season by putting different teachings in my heart, I had no way of knowing it at the time but when I was walking through this season I was able to look back to some things He has been showing me all along and see that He was putting His word in my heart to help me through this season even before it came. That was His goodness at work.

I had written a teaching on disappointment and unbelief in 2010. It talked about how disappointment in God causes unbelief in His goodness and restricts His blessing. You must get rid of disappointment, it is from the enemy.

I am not saying it is an easy thing to do; it is very difficult to go through a disappointing season and still believe you will see the goodness of God in your life, but it is possible and it is a choice. Psalm 27 says; ***I would have lost heart, if I had not believed I would see the goodness of God in the land of the living.*** One translation says; ***I am still confident of this; that I will see the goodness of God in the land of the living.***

The promises of God reveal His heart, what you believe affects your heart, your attitude and your expectation. If you feed yourself on what God hasn't done, it creates a place for offense and unbelief.

Disappointment breeds unbelief and unbelief will take you to a place where God simply can't work. Unbelief is a partnership with a demonic force, the spirit of unbelief is looking for an opportunity to invade your life; disappointment can give the spirit of unbelief that open door. Deal with disappointment and refuse unbelief. In addition to this truth, I found there are other dangers in disappointment as well.

If you have experienced trauma or unrelenting disappointments you will have to stay before God and in His presence until you are completely healed. One thing I discovered is that during times of disappointment you become vulnerable to spiritual and physical disease if you allow disappointment to remain. The scripture says it makes the heart sick and if the heart is sick the rest of the body is vulnerable to sickness. The spirit is vulnerable to sickness and disease as well.

When I found this truth that if I allowed disappointment to continue I was opening myself up to all kinds of things, I knew something had to change.

Pulling Myself Out

I began to know that something had to change, I knew it in my mind and I knew it in my heart but I still couldn't seem to pull myself up. I took a week off work and all I did was lie on the couch, watch movies and cry. I was so extremely oppressed that I didn't even talk to people; my best friend did not know what I was going through. My family did not know; if they called to talk to me about Jesse I would encourage them and tell me we can still trust God that He was ever faithful and a good, good God – I was saying all the right things but something in me was broken and I didn't know how to fix it.

One morning I awoke and the first thing I did was lie down on the couch and flip on the television. As I lay there I thought 'Kim, you have to do something now.' I got up; I called Dish Network and cancelled all my television programming. It was a drastic move and one my little grandson did not approve of but something had to change and I knew if it didn't change now it would never change.

With the television off I turned on worship music in every room of the house, wherever I went I heard the same song; ***I love Your Presence***. It played this one song over and over for days. I also asked God to lead me to some preaching that would help pull me out of this dark place. He did. I listened to a conference online for days – I spent all my time in listening to the word or listening to worship songs.

I began to cry out to God and ask Him to heal me and to heal me completely, not only from the loss of Jesse, but the loss of my business, the infidelity of my husband, the trials my daughter had went through – I wanted...needed complete healing from every single unrelenting disappointment.

He began to heal me. I could feel myself coming back, some days it was not so easy, but I kept listening to the word at least 5 hours a day. I kept worship music playing all the time and I wasn't putting anything in my mind that was not ALL God. It was making a difference and it was doing it quickly.

Within days I could feel the presence of God in my home and in my heart. I woke up without having to drag myself out of bed; instead I woke up saying 'Good Morning God, I love you!' It was a world of difference for me.

Steps Back to God

I want to go over a few steps I took to come back to a place of trusting God and intimacy with God. It worked wonders for me and it will for you too.

First of all, I removed the thing I was leaning on instead of leaning on God. For me it was watching movies, it wasn't bad movies, they were all clean, good movies; it was just something to occupy my mind so that I didn't have to deal with the hurt and disappointment.

I kept thinking about the scripture that says 'if you hand offends you cut it off.' That word 'offends' means, if it is causing you to stumble. I felt the television was causing me to stumble because it was my crutch, it had become what I run to and there should never be anything that takes the place of God – He is the ONLY thing you should run to.

Secondly, I put the word of God in my spirit constantly. Suddenly I was feeding my spirit and mind ONLY good things, only true things, and only godly things and while I was doing that I could literally feel myself gaining strength.

You can watch or listen to anointed teaching but that alone won't do it. You will have to dig into the word for yourself, read your Bible, write down scriptures and confess them until you agree with them

completely. Keep the word before your eyes, in your ears and coming out of your mouth.

I spent time daily worshipping God and after a few days of this I heard a lady talk about purchasing a beeper to remind her to worship God every ten minutes. It hit my spirit so I ordered a beeper and set it to beep every ten minutes. What did this do? It caused my mind to stay on God constantly. Every ten minutes it went off and I worshipped God. Every ten minutes my mind was on God. The word of God says that He will keep us in perfect peace as our mind is stayed upon Him, if you worship God on purpose every ten minutes, your mind is on Him and you will be at peace. Peace is an atmosphere He can work in.

During this time I did continue to cry out to God for complete healing of my heart. I did not want to lose the person I was in God. I didn't want to become someone who had part faith and part unbelief because of disappointments – I want to be a faith-filled person at all times. I did not want to be sick in body or in spirit. I want to trust like I have never been disappointed, therefore I continued to cry out for healing and God is healing me. I am not saying I am completely whole but I am saying that I am a million times better than I was two weeks ago. And that is a miracle.

Finally, I celebrated His goodness. He is a good God. He does not kill and He does not disappoint, He gives life and He fulfills promises, I refuse to be offended at Him, I choose to remind myself daily that He is good all the time and I choose to celebrate that goodness. I am thankful for this season He has brought me through

and I am thankful that He has been so good to me, I tell Him every day that I am thankful and that I do know that He is good and He has a good plan for me.

Dealing with the Questions

I am very thankful for what God has done in my heart, yet it doesn't answer all my questions. I think that is the most difficult thing in all this is failing to understand. I am a person who likes to know how and why – it simply brings me comfort.

When Breanne was little, regardless of what I ask her to do she would always say 'why Mommy?' Why this and why that, it was very frustrating. However, now that she is a grown woman if I tell her to do something she just does it. She has come to trust that if I tell her something it is for a good reason and for her good, therefore she doesn't often ask why, she just does it. She has faith in me and what I tell her. God is looking for the same thing; faith, just because we fully and completely trust Him.

During times of disappointment we have many questions. God why didn't you do this? God why did this happen this way? God, what happened, I was standing on your word, and you said it wouldn't fail, what happened? God, why do they have to suffer when Jesus took their pain at the cross? The questions can go on and on but I have found that the questions can torment you and they bring you no comfort.

I have found that there are simply things I am not going to understand on this side of heaven. The bible says we see in part now, but one day we will see the whole picture – I believe that to be true. I don't understand why God would bless a magazine and then it would fail. I don't understand why people are allowed to hurt you. I don't understand why young people or children or anyone who hasn't lived their life fully die in an untimely manner – I don't understand but asking the questions over and over will not help me – they will only hurt me and cause a root of bitterness that I will not be able to get rid of on my own. God is looking for faith. He is looking for faith that remains pure under the most difficult situations; faith that trusts when it *looks like* God hasn't come through for you, a faith that knows God's word is truth regardless of how it appears at the moment. He is looking for faith that remains strong when everything else around you is crashing to the ground, that is the God kind of faith and that is what He is hoping to find in you

During times like these the enemy wants you to think all kinds of negative things about God – he will speak evil things to you about God – refuse to listen.

Faith speaks like Job did; ***though he slay me, I will praise Him.*** Faith speaks like David did; ***though I walk through the valley of the shadow of death, I will not fear for God is with me.*** God is looking for 'even though' faith. Faith that says 'even though my finances are appearing to be in lack, I will still honor God with my tithe and offering.' Faith that shouts 'even though my body is in pain, I know He is my healer.' Faith that declares 'even though

loss and unrelenting disappointment I will worship you and I know I will taste of the tree of life.’ That is the faith that God is looking for and it is only developed in the fire of life.

While this is a hard saying, it is truth; **circumstances reveal my true level of faith and not the level I think my faith is at.** When you walk through the fire that is testing your faith, you will be able to see exactly where your faith is and where it isn’t, and that’s okay. You can’t fix what you don’t see. You may find that your faith is not as strong as you thought it was when disappointment hits; however, as you keep walking with God you will come out with a faith that is pure gold, undefiled and strong, a God-kind-of-faith.

Again, I am not saying this is an easy thing; but it is possible with God. He wants your faith displayed for the entire world to see, He longs for a people who will trust Him no matter what. He is searching for a people who will not blame him for all the bad things in life but instead will see that the thief comes to steal, kill and destroy BUT God is here to give life and life more abundantly.

He wants us to trust Him and to continue to follow Him wholeheartedly especially when we don’t understand.

Many people talk about child-like faith and I will admit that kind of faith is good for a particular season. However, I have found for myself that during seasons of disappointment something more than child-like faith is required. Child-like faith will not always survive when disappointment comes. When disappointment comes it will take a heart and mind that places its security and significance in their

relationship with God and their place in Him and that alone. It may require us to let go of our own expectations and instead trust in God and His ways, knowing His thoughts are higher than our thoughts and His ways higher than our ways.

Some things that happen in life will not be understood, for those things you have to stop questioning, it will bring you no peace to question. I refuse to question God about recent events, I refuse to question Him, and I choose to trust Him. I refuse to be disappointed, I have found that if I allow disappointment to remain in my heart it will affect every prayer I pray from here on, it will literally drain the life out of my prayer time, and I won't allow that.

These things must be filed away in the category that says 'I don't understand, but I will still trust.' You simply have to put it in its place and walk on – God will grace you to walk on and fulfill your destiny if you will choose to continue to trust Him through it all.

God IS Near

I want to address the feeling of separation that you may feel during times of disappointment. The enemy would want you to think that God has forsaken you and you are all alone. However, according to scripture that couldn't be further from the truth.

Psalm 34:18 says ***The Lord is near them that have a broken heart and saves those who have a contrite spirit.***

The word **broken** means to break down, broken, crushed, destroyed, and hurt. This is exactly how I was feeling, crushed, broken and hurt. I was also feeling like God was a million miles away – but I was reminded that He was near me, especially at this time of need.

The word **contrite** means to collapse physically or mentally. Often through times of trauma, either physical or mental trauma, we will feel as if we collapse mentally and physically.

The enemy would want you to feel broken and crushed, physically and mentally hurt but God wants you to know that He is near and He will save you – He will not allow you to fall into the pit of despair if you will simply realize that He is near and cry out to Him.

There are some hurts and disappointments that go so deep that only God can fix them. But know this; God can and will heal you of every hurt and every disappointment, I am living proof. You recall me

sharing how God showed me that I had revived myself so many times and it had damaged part of who I am on the inside? I kept reviving myself and pressing on, which was all I knew to do, but it still damaged who I was on the inside – however – when God, who is life, revives you, the damage is gone and the disappointment is gone and all the questions disappear in the light of who He is. It really is quite wonderful.

It took work and it took seeking God like I never have before but the reward was worth it all. I sit here today feeling more faith-full than I have in years, isn't that amazing? I sit here feeling more in love with God than I was before my season of disappointment. I sit here knowing He is good...all the time...all the time.

The enemy wanted the trials and disappointments to destroy my faith in God and ultimately stop me from all God has for me – he meant it for harm – but God meant it for good. God is taking all that has come against me and turning it for my good.

God has a way of taking your greatest disappointment, your greatest loss, the very thing the enemy meant for your harm and using it as a seed for divine access to your destiny. God has a way of taking this great disappointment and making it your greatest strength.

Disappointment is defined as *defeat of expectation, to hinder from the possession or enjoyment of that which was intended, desired, hoped for or expected*. The bible says disappointment makes the heart sick; not getting what was expected, and when you are hindered from possessing and enjoying what God intended you to have; your

heart may become sick. But the word of God doesn't stop there. It goes on to say 'but when the desire comes it is the tree of life.'

The desire is defined as something you long for, and something that will bring great satisfaction. A tree is something that is firm and fixed and life is defined as fresh, alive, flowing, whole, revived and restored to life.

Therefore we see that although disappointment makes the heart sick...it doesn't stop there...there is something after the disappointment...if we continue to trust God. That thing you longed for that will bring great satisfaction will be established in your life firmly, it will be alive and fresh and whole when God revives you as only He can.

In Conclusion

We have all faced times when disappointment reared its ugly head. We have all walked through seasons we didn't understand and where no explanation satisfied our heart, many of us have experienced unrelenting disappointment. God knows that and it is time to be honest with Him, He already knows what we are thinking.

I remember the words of Jesus when He said 'blessed is he who is not offended in me.' God will empower us to prosper as we allow Him to remove all disappointment and hurt from our heart.

I know there are thousands of people out there who are disappointed; some are even disappointed in God. If that is you, He already knows it and more than anything He longs to heal you, revive you and make you whole. He desires to fill you with the ZOE life of God, will you let Him? Will you give Him your hurt and disappointment and allow Him to give you His life and hope?

I pray you do. I desire to see God's church walking in wholeness and faith and hope and expectancy like never before. I hope this teaching has been a blessing and encouragement to you – what He did for me; He longs to do for you, just ask and believe.

I would like to pray for you if I may:

Father, I thank you for the person reading this prayer. Please bless them. I ask you to heal their heart completely; we give you all their disappointments and hurt, we close every door that has been opened to the enemy through disappointment. We ask you to make them whole, fill them with life and peace. God help them by giving them a desire to seek you like never before. Cause them to see that you are the way out of this dark place. Cause them to see that you ARE the light at the end of the tunnel. Walk them out Lord and do it quickly. I ask that you turn their mourning into dancing today. I ask that you give them beauty for ashes today. I ask that you give them joy in place of the hurt and disappointment. I ask that you give them a new, passionate hope in you God. I ask you to give them peace beyond understanding. I ask you to heal them, as you did me. Cause them to trust you more, love you more and cling even stronger to you in faith from this day forth. God we ask you to make us a church that is full of power, full of faith, full of hope and full of peace, from this day forward. Heal God, revive God, as only you can and do it now, in Jesus name. Amen.