

Life's Supervillians

Cruella d'Vil and Disappointment

Do you remember the first time you disappointed someone you really cared about? The sadness that crossed their face like a lunar eclipse of the sun. The slight drop of the head. The quiet sigh of resignation. At its best, disappointment crushes hearts and crumbles hope. At worst, it destroys lives. This week, we'll discover how disappointment sent Cruella d'Vil on her murderous puppy hunt ... and how we can protect ourselves from a similar fate.

Isaiah 40:28–31

Genesis 27

Disappointment is a part of life

1. Pause to reflect on the _____ .
(Isaiah 55:8–13)
2. Adjust your _____ .
(1 Corinthians 13:8–12)
3. Realize that disappointment is _____ .
(Romans 5:3–5 and James 1:2–4)
4. Invest _____ in _____ .
(John 6:66–69; Ecclesiastes 4:9–10)
5. Go _____ .
(Psalm 37; Isaiah 55:6–7)

Additional Notes

Digging Deeper and Going Further

Read Genesis 25:21–34 and Genesis 27. This is the story of Jacob and Esau, fraternal twin brothers. As you’ll read, sibling rivalry was the defining mark of their relationship and Esau saw more than his “fair share” of disappointment.

1. What life-altering disappointments did Esau suffer?

2. Dr. Bill suggested that all disappointment comes from either a person or circumstances. Were the roots of Esau’s disappointments people, circumstance, or both? Why do you think so?

3. How did Esau respond to his disappointment?

4. The Bible doesn’t say what Esau did to move past his disappointment, but Dr. Bill suggested 5 ways to deal with it. What were they?

5. Getting over our own disappointment is one thing, but faithful Christians come alongside others to help them deal with their disappointments. Below are 5 things you can do to help someone work through theirs.

- Help them see the big picture
- Help them dream again
- Help them experience success
- Help them keep success in front of them
- Together, help them go deeper with God

This process takes a serious investment of discernment, patience, and time. There’s more to this than just saying *Don’t worry, be happy*. In fact, especially at first, listening will be more important than talking. In fact, giving advice will be counter-productive.

Who do you know that needs a Christian friend to walk with them through the valley of disappointment? What will you do to help them?
