

Maybe it is due to my granddaughter getting her license, or maybe it is my turning 60, or maybe it is the cold weather, or the entrance of fall. But what ever it is I find myself thinking about seasons. Not the spring, summer, fall, winter sort of seasons but the events, opportunities, and failures that I come across in my everyday living kind of seasons. In Ecclesiastes, 3:1-8 these words are recorded:

*For everything there is a season, and a time for every matter under heaven; A time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to throw away stones, and a time to gather stones together; a time to embrace and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep and a time to throw away. A time to tear, and a time to sew; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war and a time of peace.*

So, these seasons of life are Biblical and to be expected. I wonder then why I seem to be so shocked when I move so quickly from *joy* to *disappointment*? And even more importantly, how do I give the disappointment the appointed time it is intended before willing myself to move beyond disappointment? After all Ecclesiastes 3:11 tells me that God “has made everything suitable for its time”.

Maybe I will start my acknowledging that there has been a past before this season of disappointment and there will be a season after this disappointment. Holding onto the truth that this is not the definition of my past and it will not be the definition of my future.

Richard Prichard states his belief that disappointment is one of the greatest tools in Satan’s arsenal. Going as far as to say, that if “Satan can get Christians to feel that their work is not good enough, not making a difference”, etc. can lead to apathy, disillusionment, inactivity, and even despair. So maybe the second step is to acknowledge that there are powers and principalities at work in this world but that they do not have the last word. After all scripture tells us that Jesus said: “I will build my church and the gates of hell shall not prevail against it” Matthew 16:18. The third step, then, would be to acknowledge that Satan is not, will not and can not prevail against the work of God, in His church - in His followers who are the church. God is the one at work in the Church, and in the lives of believers.

So, for the fourth step I will identify and name any fear, worry, or pridefulness that might be associated with the disappointment. I will speak it aloud to God, I will breathe deeply, and I will open my hands and heart to receive what God has for me. Once I have identified and named it, I will seek to change that which I am able to change and to work to accept that for which I have no control over. To do this, I will take a fifth step to look up to God, and embrace my truth – that I trust Him. There is no one else to whom I will turn. To trust Him, is to act on faith and claim the promise that He has plans to prosper me and not to harm me. That He has already given me hope and a future through Jesus Christ His only begotten Son. And I will choose to believe that Jesus did not come to condemn but to save me, from myself and all the fears, pridefulness, worry, and disappointment that come in seasons of my life. I will choose to remind myself of those truths reciting Jeremiah 29:11 and John 3:16&17 that free me from fears, anxiety, worry, and pridefulness.

Last, I will turn my attention outside myself. I will seek to be an encourager to others. I will find ways to meet the needs of others. I will fill my mind with good thoughts – in books, music, shows, games and conversation. And in this way, when disappointment rears its ugly head, I will acknowledge it but give it no power. I will speak of its passing and embrace that new season of joy that is right around the corner.

I hope you will join me in acknowledging God is at work in our lives and offering Him praise in the midst of all circumstances – even the seasons of disappointment. Remember the promise from Romans 8:31-39 “nothing can separate us from the love of God in Christ Jesus”.

If you need a good song to remind you that God is not done with you yet, look up “There Was Jesus” by Zach Williams and Dolly Parton, “Look Up Child” by Lauren Daigle, “God’s Not Done With You” by Tauren Wells, “You’re Not Through With Me Yet” by Jonathan & Emily Martin, “Praise You In This Storm” by Natalie Grant, and Lauren Daigle’s “You Say”.