

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

- A. Review your class notes from Tuesday.
- Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. ([www.DivineDesignDiscipleship.com](http://www.DivineDesignDiscipleship.com)).
  - Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.
- B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

### III. PRINCIPLES

Use these principles to help you understand and grow in Living Hope:

#### A. UNDERSTANDING DISAPPOINTMENT

- Disappointment = to fail in hope and expectation; frustrated endeavors; disgraced; embarrassed; disturbed or confused (Strong's)
- Disappointment is only possible when we have an expectation!
- When we've placed hope, our expectation for good, in a dream or vision that is not from God (even if it is a "good thing") we find ourselves disappointed.
- Expectations, when misguided, lead to disappointment in God, ourselves, and other people.
- "When you expect people, places, and things to fulfill your wants, you will be disappointed. Anytime you put your expectations for help in the wrong place, the result is fear." (Smalley)
- When our hope is disappointed, we're tempted to wonder why God allowed this. Our trust in Him can falter: Ps 145:4 NLT-- I am losing all hope; I am paralyzed with fear.
- LISTENING EXERCISE: *Get in touch with the places you feel disappointment. Is there a particular area where trust has been undermined and fear has slipped in?*

#### II. RESPONDING TO DISAPPOINTMENT

- There's much to be gained from disappointment when we learn to respond correctly. David's life serves as a wonderful example of not wasting our pain.
- He had a history of struggles with Saul, nearby nations, Absalom, and others.
- In times of disappointment, David "strengthened himself in the Lord." He tapped into hope, expecting God to use suffering for his good and God's sovereign purposes.
- David was anointed as King at age 16. Only after 14 years of strife and persecution was this God given dream realized: 2 Sam 1:10 TV-- I took the crown from (Saul's) head and his gold armlet and brought them here to you, my lord *whom I recognize as the next king*.
- The biblical account of David's life (and many other Scriptures) demonstrates that God has purpose in our disappointments and uses them for our benefit.
- We can expect God to show His goodness and bless us when we're hurting, as we stay connected to Him and cooperate with His plans. Here are just a few ways:

#### A. Find Your Voice

- In Genesis 1, God used His voice to express Himself, creating new things and bringing order out of chaos. "And (God) said," is used 10x in that chapter!
- Your voice is essential in exercising your gifts and fulfilling your purpose in life.
- "When you find your voice, you don't find some new thing inside of you; instead you find a little more of you. You find a little more freedom to speak, express, and to let yourself be heard. You find that your voice isn't anywhere other than inside of you or anyone else than who you are." (Dan Cumberland)
- David used his voice through his gift of poetry: Ps 45:1 NIV-- My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer.
- He also discovered how to speak out against his opponents: 1 Sam 17:26--David spoke to the men who stood by him, saying, "...Who *is* this uncircumcised Philistine, that he should defy the armies of the living God?"
- David was scorned by his oldest brother for using his voice: 1 Sam 17:28a MSG-- "What are you doing here! Why aren't you minding your own business?"

- Instead of shutting down, David continued to voice his vision and plan. The result was a royal summons and a call to the front lines: 1 Sam 17:31-- Now when the words which David spoke were heard, they reported *them* to Saul; and he sent for him.
- King Saul who summoned David couldn't hear the truth in what David said either. This did not deter David because he was sure of God's call and His faithfulness.
- Time alone with God in His word and in worship allows the Holy Spirit to impart identity, destiny, and truth to us. That's how David had courage to speak when it was time.
- Sometimes we can't find our voice. Our stories need to be told to expose and refute any lies that have silenced our voice.
- Express your disappointments to the Lord either aloud or in your journal: Ps 142:1-2-- I cry out to the Lord with my voice; with my voice to the Lord I make my supplication. I pour out my complaint before Him; I declare before Him my trouble.
- Leave time and space for Him to speak in return. Practicing His presence routinely will improve your hearing and your Living Hope: Ps 16:11 NIV--You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

### Insights:

#### B. Develop Your Gifts

- God desires that we develop our individual gift mix for the benefit of ourselves and others: 1 Tim 4:14-15 TV-- Don't neglect the gift that was given to you...Cultivate *all* these practices; live by them so that all will see *how* you are advancing *and growing*.
- David was a musician, poet, and warrior. Each of these gifts was practiced and enlarged during his disappointments: 1 Sam 16:18 NLT-- One of Jesse's sons from Bethlehem is a talented harp player. Not only that—he is a brave warrior, a man of war, and has good judgment. He is also a fine-looking young man, and the Lord is with him.
- Even though anointed as king, David served the current king, Saul, with his music: 1 Sam 16:23-- Whenever the spirit from God was upon Saul, that David would take a harp and play *it* with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him.
- Young David was forgotten by his dad and scorned by his brothers. Through writing, he set his hopes and expectations on God: Ps 23:1—The Lord is my Shepherd. I shall not want.
- The Psalms he wrote are some of the most prized passages in Scripture.
- David had a call to be a warrior. As he fought lions and bears, he was preparing for bigger battles to come: 1 Sam 17:37-- David said, "The Lord, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine."
- When Saul sought to kill him, David used his anointing for worship as a weapon: Ps 59:16-17-- I will sing of Your strength. I will awake with the sun to sing of Your loving mercy. Because in my most troubled hour, You defended me. You were my shelter. I will *lift my voice* to sing Your praise, O my Strength for You came to my defense.
- LISTENING EXERCISE: *Which of your gifts can you draw upon to find joy, comfort and fruitfulness in your disappointing circumstances?*

## Insights:

### C. Gain Maturity

- Christ-like character is God's dream for us. When we allow God to stretch and grow us in hard times, we win and God is glorified: Jn 15:8 TPT-- When your lives bear abundant fruit, you demonstrate that you are my mature disciples who glorify my Father!
- Young David hoped in God when he killed Goliath. Fleeing from Saul in the wilderness matured him for his call as king: 1 Sam 17:47—The battle is the Lord's.
- Our growth comes from connection with Jesus instead of by the striving that causes burnout: Mt 11:28-30 TPT-- Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. Simply join your life with mine Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in life. For all that I require of you will be pleasant and easy to bear.
- Mighty men were drawn to David's maturity. They could see he depended on God whereas Saul relied on his own power and resources: 1 Chron 12:18-- The Spirit came upon Amasai, chief of the captains, *and he said: "We are yours, O David; we are on your side, O son of Jesse! Peace, peace to you, and peace to your helpers! For your God helps you."*
- These men took advantage of coaching and correction because they desired to be people whose lives manifest God's character and glory: Col 1:27-29 NIV--Christ in you, the hope of glory. He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ.
- Correction was welcomed by David: Ps 141:5-- Let the righteous [thoughtfully] strike (correct) me—it is a kindness [done to encourage my spiritual maturity]. It is [the choicest anointing] oil on the head; Let my head not refuse [to accept...and learn from] it
- David showed growth by the purity of love he expressed at the death of Saul, his king and enemy: 2 Sam 1:11-12,17 NLT: David and his men tore their clothes in sorrow when they heard the news. They mourned and wept and fasted all day for Saul and his son Jonathan, and for the Lord's army and the nation of Israel, because they had died by the sword that day... <sup>17</sup> Then David composed a funeral song for Saul and Jonathan
- As we mature in love, we grow in intimacy with God and obedience to Him: Jn 14:23 TPT-- Jesus replied, "Loving me empowers you to obey my word. And my Father will love you so deeply that we will come to you and make you our dwelling place.

## Insights:

#### D. Cement Obedience

- God uses our pain and disappointment to solidify our obedience to Him and to His word: Ps 119:67--Before I was afflicted I went astray, but now I keep Your word.
- Even Jesus grew in obedience through what He endured: Heb 5:8 NLT--Even though Jesus was God's Son, he learned obedience from the things he suffered.
- When injustice, betrayal, and disappointment tempt him to follow human reasoning, David submitted to God by sparing Saul's life: 1 Sam 24:10-11 NLT--The Lord placed you at my mercy back there in the cave. Some of my men told me to kill you, but I spared you. For I said, 'I will never harm the king—he is the Lord's anointed one.' Look, my father, at what I have in my hand. It is a piece of the hem of your robe! I cut it off, but I didn't kill you. This proves that I am not trying to harm you and that I have not sinned against you, even though you have been hunting for me to kill me.
- Not only did David learn humility and intense self-control in his season of hardship, God used his mercy to lead Saul to repentance: 1 Sam 24:16-17 NLT-- Saul called back, "Is that really you, my son David?" Then he began to cry. And he said to David, "You are a better man than I am, for you have repaid me good for evil.
- David finally overcame his enemy Saul. God delivered him due to his obedience: 2 Sam 22:21-- The Lord rewarded me for doing right; he restored me because of my innocence.
- Throughout his life, David acknowledged God's goodness and gave Him thanks: Ps 30:11-12-- You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that *my* glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever.
- Thanking the Lord for His goodness propels us into His presence and dispels disappointment: Ps 100:4-5a-- Enter into His gates with thanksgiving, *and* into His courts with praise. Be thankful to Him, *and* bless His name. For the Lord *is* good.
- If you don't *feel* hopeful, try giving thanks for what is good in your situation. Break through to Living Hope with the help of "Tools & Techniques: Appreciation".
- In fact the Scriptures say that David enjoyed consistent victory as he fought for his dream and calling: 1 Chron 18:6b—The Lord gave David victory everywhere he went.
- Consistent obedience is required from us if we are to expect to consistently overcome: Rev 2:26 NLT-- To all who are victorious, who obey me to the very end, to them I will give authority over all the nations.

#### Insights:

#### D. GROW IN LIVING HOPE by applying the principles we have previously learned:

- Wonder in God's presence about 1) Your individuality and uniqueness, 2) Which gifts and callings He's imparted to you (individually and collectively), and 3) How, specifically, you might stir up or ignite them to experience more HS firepower.

- Be alert for the lack of grace, power, and joy in following the Lord. This may be an indicator that the season for that dream/vision is past or it isn't from God at all.
- Continue seeking the Lord about your own God-given dreams. Dream = a personal & specific God-given idea, plan, agenda, or goal that leads to God honoring results.
- Use the Promise Pages provided to make a list of your God-given dreams. Add the verses that apply to each one. Pray them back to God to keep your hope strong.
- Mediate on these verses that illustrate how we can choose to be Prisoners of Hope:
  - Rev 3:20 TPT-- Behold, I'm standing at the door, knocking. If your heart is open to hear my voice and you open the door *within*, I will come in to you and feast with you, and you will feast with me.
  - Ps 37:3-7 TV-- Live in the land *He provides; roam*, and rest in God's faithfulness.<sup>4</sup> Take great joy in the (Lord)! His gifts are coming, and they are all your heart desires! <sup>5</sup>Commit your path to the (Lord); *let Him direct you*. Put your confidence in Him, and He will follow through *with you*. <sup>6</sup>He will spread out righteousness for you as a sunrise *spreads radiance over the land*; He will deliver justice for you into the light of the high sun. <sup>7</sup>Be still. Be patient. Expect the (Lord) to arrive *and set things right*.
- Use your emotions as an indicator of where God can offer Living Hope. Bring your feelings to God in prayer in your over-reactions, numbness, or hardness of heart.
- Embrace the Limp when you are dealing with an area of weakness or wounding. Call on the Father as a beloved child. Allow trustworthy, like-minded friends to support and speak into these areas. Offer your strength to them where you are mature.
- If you have not done so, take the assessment on Emotionally Healthy Spirituality. Use the results to pinpoint areas of growth in your relationship with God and others.
- Be alert for any Negativity Bias (focus problem) or Confirmation Bias (belief problem). Ask for hope (an expectation of good) where you're struggling.
- Keep asking: *What am I pursuing and prizing that indicate that my worship is off?*
- "Remember the Deeds of the Lord" and be encouraged by His faithfulness.
- Bring glory to God and grow in hope and faith by giving more weight to what He says than to your emotions, evidence, and errors. The resistance will make you stronger!
- Review regularly the benefits of being "In Christ" and having Christ is in you:
  - Surety—We can have confidence in God's unchanging character.
  - Purity—Our salvation is sure and our record is spotless because of Jesus.
  - Security—The Lord's acceptance, love, and worth for us is unconditional.
  - Maturity—We grow in Christ as we abide, repent, wait and watch for His word to be fulfilled.
  - Authority—In Christ we have authority to overcome the flesh, the world, and the enemy.
- The Scripture verses on the handout "Tools & Techniques: God Makes Things Right" offer comfort and hope when you have been wronged.
- Invite the Spirit to speak through His word and breathe His life-giving power where you have been lifeless and dry. Believe that those Dry Bones can dance again!
- For helpful hints about hearing God's word and allowing the Spirit to apply it to your life, refer to the handout "Tools & Techniques: Listening to God."
- Keep short accounts with the help of "Tools & Techniques: Understanding Forgiveness."
- Discover gaps in your belief system that may be responsible for some of your Dry Bones areas. Use the handout "Tools & Techniques: Hope of Glory Applications" to help you renew your mind and begin the transformation process.
- Be sure to journal your prayers and God's answers. Come back ready to share!