



HELPING HEARTS THAT ARE DISAPPOINTED

LUKE 1:5-7

Introduction:

As a physician and traveling companion of Paul, Luke knew a lot about people and life throughout the world of his day. He wrote this Gospel and its sequel, the book of Acts. Both Luke and Acts are addressed to "Theophilus" (Luke 1:3; Acts 1:1). Luke's audience consisted primarily of Gentile Christians like Theophilus who had already "been taught" (Luke 1:4) about Jesus.

The gospel speaks much about compassion. In this class we will look together at various passages as we want to be those who are "Helping Hearts."

- What are you disappointed about your life right now?
- Are you disappointed about your life spiritually?
- Have you been disappointed with your Father in Heaven?

Luke 1:5-7 (ESV)

"In the days of Herod, king of Judea, there was a priest named Zechariah, of the division of Abijah. And he had a wife from the daughters of Aaron, and her name was Elizabeth. (6) And they were both righteous before God, walking blamelessly in all the commandments and statutes of the Lord. (7) But they had no child, because Elizabeth was barren, and both were advanced in years."

I. Areas of Life in Which I Am Disappointed

A) Disappointment comes in spite of...

1. Important _____
2. Being _____
3. Living _____
4. Serving _____

B) Two main areas of disappointment in life

1. Disappointed in _____

Who do you become disappointed with in your life? _____

2. Disappointed in Life _____ (Moses, Joseph, David)

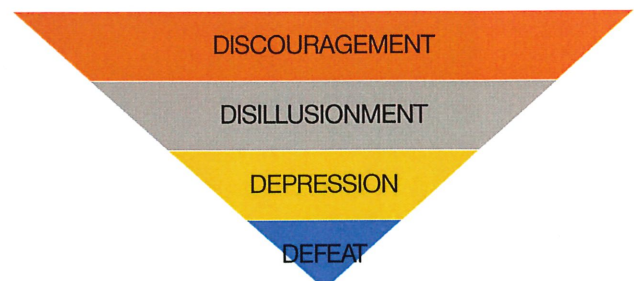
II. What Disappointment Brings to Me

A) The downward spiral of discouragement

- Discouragement
- _____
- Depression
- _____

B) The psalmists understood.

Psalms 6; 22; 44:23-26; 130; 138, etc.





III. Helping My Heart When Disappointed

A) What helps myself?

- _____—the Antidote to Disappointment (1 Thessalonians 5:18)
- Remember...
 1. God _____ His people.
 2. God is in _____ and is our refuge.
 3. God sometimes _____ our disappointments to turn our hearts toward Him.

B) What helps others?

- Be a "_____ of encouragement"
"Thus Joseph, who was also called by the apostles Barnabas (which means son of encouragement), a Levite, a native of Cyprus" (Acts 4:36)
- Tell the _____ about tribulations
"...strengthening the souls of the disciples, encouraging them to continue in the faith, and saying that through many tribulations we must enter the kingdom of God." (Acts 14:22)
- Read and _____ encouragement in the Scriptures
"For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope." (Romans 15:4)
- Be convinced of God's promise and _____ on to the _____
"So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath, so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us." (Hebrews 6:17-18)
- Worship with the _____ of encouraging others
"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. For if we go on sinning deliberately after receiving the knowledge of the truth, there no longer remains a sacrifice for sins," (Hebrews 10:24-26)

Hebrews 11:6, 13

"And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him..."

(13) These all died in faith, not having received the things promised, but having seen them and greeted them from afar, and having acknowledged that they were strangers and exiles on the earth."

