



## **Are You Living a Sustainable Life? (Part 3)**

### **(Managing Disappointment Before It Manages You)**

May 22, 2022

**Annual Question:** What is the truth you are running from?

**Sustainable Defined:** Something that can be maintained at a certain rate or level (Oxford Dictionary)

**Big Question:** Are you disappointed?

#### **Four Things That Are Not Sustainable**

1. **Growth Without Decline** (Ecclesiastes 3, Managing the UP's and Downs)
2. **Economic Success Without a Decline (You must manage both)**
3. **Hope Deferred** (Proverbs 13:12, Managing Disappointment)
4. **Lies That Hide the Truth** (Luke 8:17-18, Managing Lies that can Deceive You)

### **Part 3: Managing Disappointment Before It Manages You**

**Statement:** Hope Deferred Is Not Sustainable

**Topic:** Are you living a disappointing life? (Proverbs 13:12)

- 12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

#### **I. Five Questions You Need to Think About**

1. What is your hope and dream?
2. What is your greatest disappointment?
3. What makes you sick when you think about not having it?
4. What are you longing for?
5. What in your life makes you feel fulfilled?

## II. One Promise You Need to Embrace

(John 10:10, NIV)

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

### Four Thoughts to Help You Manage Disappointment

1. Remember, God's goal is to give you an abundant life. **Nobody** but you can determine what that abundant life looks like.
2. I want you to write down three things that you would **define** as an abundant life.
3. I want you to write down three **steps** you need to take to achieve an abundant life.
4. I want you to write down three things that can **stop** you from having an abundant life.

### My Personal Answers 1: How I define an abundant life?

1. Good Self-Image (or better said Self-Concept)
2. Good Relationships
3. Good Health
4. **Bonus:** Good Fun (this includes "stuff" sometimes)

### My Personal Answers 2: What steps do I need to take to achieve my abundant life?

1. Define where I want to go
2. Define what it will cost
3. Define who can help me

### My Personal Answers 3: What steps can stop me from having an abundant life?

1. Pride
2. Ignorance
3. Greed

**Next Time: Lies That Hide the Truth**

**Read Ahead: Luke 8:17-18**