

Dealing with Disappointment

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When teenagers try out for clubs, sports, drama, music, and leadership positions, they can be crushed if they don't get what they had hoped for. Help young people learn to deal with disappointment and encourage effective ways to cope.

For
Teen Family

Season

Fall

Needed

Bible

Prepare in Advance

Mark your Bible to Psalm 77:1-12.

Activity Plan

1. Say this prayer aloud to begin:

God, sometimes life doesn't go the way we want, and we don't know what to do. Be with us as we deal with disappointment. Amen.

2. Ask someone to read aloud Psalm 77:1-3 from your Bible (or see the text below). Discuss: When have you felt discouraged? When has your discouragement lasted longer than you thought it should?

Psalm 77:1-12

¹ I cry aloud to God,
aloud to God, and he will hear me.
² In the day of my trouble I seek the Lord;
in the night my hand is stretched out without wearying;
my soul refuses to be comforted.
³ When I remember God, I moan;
when I meditate, my spirit faints. Selah

3. Ask someone to read aloud Psalm 77:4-10. Discuss: What doubts have you struggled with during hard times? When have you felt far from God? How do difficulties affect your faith?

Psalm 77:4-10

⁴ You hold my eyelids open;
I am so troubled that I cannot speak.



⁵ I consider the days of old,
the years long ago.
⁶ I said, "Let me remember my song in the night;
let me meditate in my heart."
Then my spirit made a diligent search:
⁷ "Will the Lord spurn forever,
and never again be favorable?
⁸ Has his steadfast love forever ceased?
Are his promises at an end for all time?
⁹ Has God forgotten to be gracious?
Has he in anger shut up his compassion?" Selah
¹⁰ Then I said, "I will appeal to this,
to the years of the right hand of the Most High."

Note: Teenagers often have a hard time talking with their parents about difficult situations. Sometimes they're more apt to admit to hardships they endured in the past and have figured out. Be sensitive to what your teenager is experiencing. Don't pressure your teenager to talk—and don't rush him or her. If you're concerned that a difficulty is weighing heavily on your teenager and your teenager won't talk to you, see if there's a caring, trusted adult who can talk with him or her. If the problem is serious, don't hesitate to seek referrals to professional help through a pastor or school counselor.

4. Invite family members to talk about times when they have been discouraged and how they got through them. What have you learned about yourselves because of these experiences? What have you learned about your faith? What have you learned about working through disappointments?
5. Ask someone to read aloud Psalm 77:11-12. Discuss: What is the psalmist's strategy for keeping faith in discouraging circumstances? How might a similar strategy work for God's people today?

Psalm 77:11-12

¹¹ I will remember the deeds of the Lord;
yes, I will remember your wonders of old.
¹² I will ponder all your work,
and meditate on your mighty deeds.

