
Is It Time To Get Off The Emotional Roller Coaster?

"Defeating Disappointment"

Jonah 4:1-4

05-11-25

Introduction: Because we live in a broken world, disappointment is a normal life experience that cannot be avoided.

1. Sooner or later, we will face this challenge.
2. In many respects, dealing with disappointment is similar to anger.
3. As we learned last week, anger in itself is not sinful.
4. Disappointment works the same way, the key being our response.
5. This is where Jonah can really help us defeat our disappointment.

I. The Pathway To Disappointment

- A. Spiritual Wandering
- B. Physical/Emotional Exhaustion
- C. Downward Spiraling

II. Defeating Disappointment

- A. Perception
- B. Providence
- C. Provision

Conclusion: There is no escape from disappointment.

1. That is not the problem.
2. The problem is how we respond.
3. Disappointment can make us bitter or better.
4. Disappointment can make us flee or fight.
5. Disappointment can make us victims or victors.
6. Jonah did not handle his disappointment very well and we can learn from his mistakes.
7. To defeat disappointment, we must:
 - Adjust our perception.
 - Accept God's providence.
 - Appropriately God's provision.