



# **PUNCHED** **in the** **FAITH**

How to bounce back from doubt and disappointment

**Part 1: Dealing With Disappointment**













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**Part 1: Dealing With Disappointment**

**Disappointment:**

**When what you hope for doesn't happen.**

# **How to Deal With Disappointment:**

**1. Manage your expectations.**

**John 16:33**

**Acts 14:21-22**

# **How to Deal With Disappointment:**

**2. Adopt a new perspective.**

**James 1:2-5**

# **How to Deal With Disappointment:**

**3. Repurpose your pain.**

**Romans 8:28**



# **How to Deal With Disappointment:**

## **4. Make an appointment.**

**James 4:8**

**Psalm 16:11**

**“God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world.”**

**C.S. Lewis, The Problem of Pain**





**Are you dealing with  
your disappointment?**