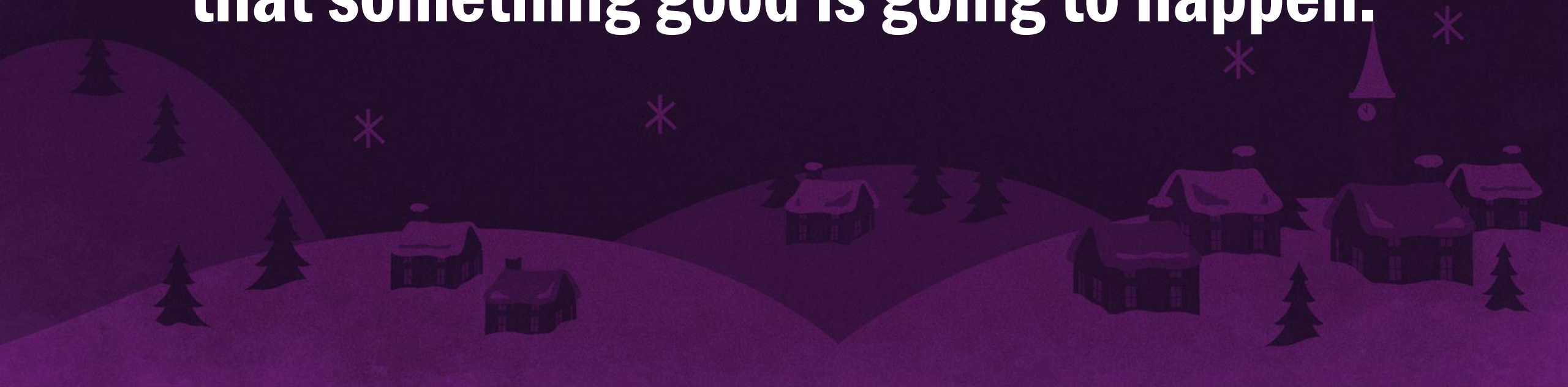


# H PE *for the* H LIDAYS

**Part 2: Defeating Disappointment**

**Hope is the confident, patient expectation  
that something good is going to happen.**



# **How to defeat disappointment:**

**1. Be aware of your expectations.**

**John 16:33**

**Acts 14:21-22**

# **How to defeat disappointment:**

**2. Put your frustration to work.**

**James 1:2-5**

# How to defeat disappointment:

**3. Repurpose your pain.**

**Romans 8:28**

# How to defeat disappointment:

## 3. Make an appointment.

**With God:**

**James 4:8, Psalm 16:11**

**With yourself:**

**Psalm 105:5**

**Are you defeating  
\*  
disappointment?**

