



THEME

Building on: A **compass** that points to what really matters (wk 1) and the spiritual, soul-level **endurance** & stamina to hold the course - to stay after it even when struggle & storms come (wk 2) This week we look at a specific storm > how do we handle **disappointment** + discouragement?

ANCHORED TO TRUTH

Psalms 121: 1-8, Isaiah 40:28-31, **Luke 24:13-35**, Romans 5:1-5, Romans 8:24-28

CONVERSATION

1. Is there something that really disappointed you that definitely wasn't worthy of your disappointment?
2. What is disappointment?
 - a. Where does it come from?
 - b. What does it feel like?
 - c. How do you get out of it?

3. Check out **Luke 24:13-35** >

Story Background: Takes place Easter Sunday > Followers of Jesus (Cleopas + maybe his wife Mary) are heading back home disappointed. They have no reason to stay in Jerusalem any longer. They're trying to process Jesus' death that past Friday > while they're walking + talking Jesus walks up next to them.

13 That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, 14 and they were talking with each other about all these things that had happened. 15 While they were talking and discussing together, Jesus himself drew near and went with them. 16 But their eyes were kept from recognizing him. 17 And he said to them, "What is this conversation that you are holding with each other as you walk?" And they stood still, looking sad. 18 Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" 19 And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, a man who was a prophet mighty in deed and word before God and all the people, 20 and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. 21 But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things happened. 22 Moreover, some women of our company amazed us. They were at the tomb early in the morning, 23 and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive. 24 Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see." 25 And he said to them, "O foolish ones, and slow of heart to believe all that the prophets have spoken! 26 Was it not necessary that the Christ should suffer these things and enter into his glory?" 27 And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself.

28 So they drew near to the village to which they were going. He acted as if he were going farther, 29 but they urged him strongly, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. 30 When he was at table with them, he took the bread and blessed and broke it and gave it to them. 31 And their eyes were opened, and they recognized him. And he vanished from their sight. 32 They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us

the Scriptures?" 33 And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together, 34 saying, "The Lord has risen indeed, and has appeared to Simon!" 35 Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

4. What do you think they were disappointed in? What expectations hadn't been met?
5. It's cool that Jesus met them in their disappointment > why do you think they didn't recognize him?
 - a. Can disappointment make it harder for us to 'see' God sometimes?
6. They were walking away from Jerusalem (where all the action surrounding Jesus was) > can disappointment not only make it harder to see God > but also make us walk away from him? Explain.
 - a. What kind of things do we walk towards when we walk away from God?
 - b. Do those things take away the disappointment?

RESPOND

- Have you ever felt like God has let you down? If so, what kind of situations have made you feel that way?
- Can disappointment + discouragement hurt your spiritual endurance?
- Is our disappointment sometimes rooted in messed up expectations of people + situations?
- How can we anchor ourselves > our hope + expectations to what does not disappoint?

PRAY

- Anybody have some disappointment + discouragement that's wearing you out right now? Pray about these.
- Pray about our expectations + anchor points. For the wisdom + "compass" that leads to hope that won't disappoint.