

Title: Disappointment

Word of the week:

“But as for you, be strong and do not give up for your work will be rewarded...”

Azariah to Asa in 2 Chronicles 15

1. Thought of the day:

“Our greatest fear should not be of failure but of succeeding at things in life that don't really matter.”

- Francis Chan

Activity:

What are you hoping to succeed in?

What potential obstacles could you face?

How could you overcome those obstacles?

2. Thought of the day:

“Forgiveness is not allowing the hurt to control you but choosing to move forward from pain, disappointment and hurt in our hearts.”

- Anonymous

Activity:

Watch the clip from “Meet the Parents” discuss why you think Greg (the fiancé) has flown home.

3. Thought of the day:

“An ended relationship is not a failure if you have learnt something.”

- Anonymus

Activity:

What do you do if you find out that a friend has said something “behind your back”?

What would your actions look like if you reacted to this versus responded to this?

Write down a healthy response and write down a negative reaction.

What would it look like if you forgive them for doing this versus not forgiving them?