

Hey, Say, Pray and Obey *Disappointment*



- **“Hey!** I know what this is. This is disappointment.” Once you know what you are feeling, you can start to do something about it!
- **Say**, truth from God’s word. For disappointment, you can say this Bible verse: ***“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18.***
- **Pray.** Pray something like, “God, I am feeling disappointed right now, but I really want to obey you. Help me to be thankful for all the good things you have done for me instead of complaining about something that didn’t go my way. Thank you, God.”
- **Obey.** After asking God for help, the last thing to do is obey. Instead of letting our disappointment cause us to complain, we can step out, obey God and thank him for all he has done for us.