

Christian Union Planning Sheet

Theme / Topic

Dealing with disappointment - *Part 4 of the 'Hope has a name' 6-part series*

Bible Passage

Luke 24:15 'As they walked along they were talking about everything that had happened. As they talked and discussed these things, Jesus suddenly came and began walking with them' (New Living Translation)

Time Allocation

30 minutes

Aim

The young people will have opportunity to consider how to deal with feelings of disappointment.

Introduction

Play the game noughts and crosses. If playing over zoom or similar two people can play a virtual game (available on internet here: <https://playtictactoe.org/>). If meeting in person, split into pairs to play the game.

Group discussion

How did the game make you feel? How did you feel when you won? How about when you lost? Sometimes people feel disappointment when they lose at things, especially if they have got their hopes up that they will win.

Teaching

There are time when we have all been faced with feelings of disappointment. Some disappointments are bigger than others, and sometimes feeling disappointment over and over again can begin to take its toll. It might even leave us questioning where God is in the midst of everything.

Watch the Vitalise devotional video 'Dealing with disappointment' together.

You can find the video here: <https://youtu.be/rHcgVTWB678>

Application, Reflection and/or Activity

Are you feeling disappointed, confused, sad by the current situation, tell God about it. Write it down, draw a picture, speak the words out loud or in your heart. Remember Jesus walks alongside you in your pain even though you may not recognise it. Create some space to do this however works for your group, as a response to all that has been seen and heard during this session.

It can be important to remind ourselves of God promise to never leave us, and a great way to do that is to read His promises to us through the Bible. You will find a list of Bible verses that we would encourage to check out, maybe you could read one a day for a week.

Deuteronomy 31:6
Deuteronomy 31:8
Isaiah 41:10
Joshua 1:5
Hebrews 13:5-6
Philippians 4:6-7
Romans 8:31-39

Memory Verse

'Didn't our hearts burn within us as he talked with us on the road and explained the Scriptures to us?' - Luke 24:32; NLT

Resources

Vitalise Video
Bibles available in case young people would like to look up Bible references
Paper and pens for the introductory game and reflection activities, if meeting in person
Access to the suggested online game or similar, if meeting virtually