

# Hey Girl!

## **3 WAYS** to deal with **DISAPPOINTMENT**

Sometimes life is hard--  
disappointment is real.  
So how do you handle it?

Romans 8:28 says "all  
things work together for  
good." But, how does  
that help us handle  
dissapointment? Here  
are 3 lessons we can hold  
on to while we wait for  
the good that God  
promises.



# 1 SIT WITH IT

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Sometimes in an effort to offer comfort, people may try to distract you from your problems. "Don't think about it!" they say. But, how can you not?

So, at least for a little while allow yourself to feel what you feel. Before you run from the pain, sit with it for a bit. Acknowledge that it hurts. If you ignore it, it will linger longer. If you acknowledge it, you can deal with it. You've suffered a hard thing--so cry, punch the pillow--express the natural human emotion that comes with that feeling before you move on.

## 2 ACCEPT IT

Once you've sat with the pain for a bit. Wipe your eyes and start picking up the pieces. What adjustments do you need to make? How can you improvise, minimize or simplify your life now that things are different? Look for ways to make small changes that are not difficult, but help you to take one step forward. Even a small step will help you accept the new normal and adjust to the change that comes after a disappointment or loss.

You will be surprised to discover the blessings that come from unexpected places. Sometimes detours lead to dreamy destinations. Trust the process and move forward in your new normal expecting to see God's new mercies every morning! Certainly, nothing will replace or substitute what was lost, but we serve a God who restores. Just keep trusting Him day by day. Where there is life, there is hope. Hold on!

## 3 WAIT FOR IT!