

HOLY ESTROGEN!

Lesson 6

What is the difference between a broken heart and a disappointment?

Disappointment –

Romans 5:3 - 5

Disappointments don't have the power to dis-appoint you!

Exult in tribulations ...

Tribulations bring perseverance

Perseverance is the ability to face difficulties without giving in to the difficulties

Perseverance brings proven character

Approved as a result of testing –

Proven character brings hope

God isn't at work producing the circumstances you want –

God is at work in bad circumstances producing the you He wants –

John Ortberg

Hope does not disappointment because of the love of God!

Psalm 22:1 - 5

v. 3 – God makes Himself at home in the praises of His people

Romans 10:11

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A Broken Heart –

Psalm 34:18

Genesis 39:2

Psalm 147:3

Isaiah 61:1 – 3

Psalm 23: 4 – 6

GOING DEEPER QUESTIONS:

DAY 1 – Read Romans 5:1 – 8. What does verse 3 instruct you to do during a tribulation? What does the word “exult” mean to you? What 3 benefits does tribulation bring into your life?

DAY 2 – Read Romans 5: 3 – 5 again today. Write a definition for the following words: perseverance, proven character and hope. What does this phrase mean to you: “Disappointments don’t dis-appoint you.”

DAY 3 – Read Psalm 22:1 – 5. According to verse 3, what happens to God when we praise Him? According to verse 5, what happens to our disappointment when we trust God?

DAY 4 – Read Romans 10:8 – 17. What does verse 11 say happens to those who believe in Jesus Christ? What has been your biggest disappointment in life? How does reading these scriptures help you to keep it in perspective?

DAY 5 – Read Psalm 34:18 and Genesis 39:1 – 23. How many times in these verses does it say that “the Lord was with Joseph”? Why do you believe that the presence of the Lord is especially close to those who are broken hearted?

DAY 6 – Read Psalm 147:1 – 11 and Isaiah 61: 1 – 3. List 4 or 5 ways that Jesus is able to heal the broken hearted. What are your ashes? Are you able to trade them for His beauty?

DAY 7 – Today read the 23rd. Psalm and remember that your cup is overflowing!