

Psalms: Managing Our Emotions – Study #8

Disappointment: When Your Dreams Die

Learning to handle the pain of what might have been.

Psalm 107: 1-43

How we can find peace when our dreams have been shattered? Psalm 107 offers hope to those disappointed with life. By paying attention to God's response to those who experience disappointment—whether through opportunities gone awry, painful circumstances, their own rebellion, or broken dreams—we can gain insight into his great love.

The harshness of life soon shows us that our dreams rarely come true.

Psalm 107 was written during one of Israel's biggest disappointments. Israel was punished for her infidelity to God by being invaded by the Babylonians, yet God brought his nation back to their land after 70 years of exile.

Psalm 107 reflects the disappointment of a people whose dreams have died, yet learned to be thankful.

1 Oh, give thanks to the Lord, for He is good! For His mercy endures forever.
2 Let the redeemed of the Lord say so, Whom He has redeemed from the hand of the enemy,
3 And gathered out of the lands, From the east and from the west, From the north and from the south.

Sometimes open doors lead to _____ places.

4 They wandered in the wilderness in a desolate way; They found no city to dwell in.
5 Hungry and thirsty, Their soul fainted in them.
6 Then they cried out to the Lord in their trouble, And He delivered them out of their distresses.
7 And He led them forth by the right way, That they might go to a city for a dwelling place.

8 Oh, that men would give thanks to the Lord for His goodness, And for His wonderful works to the children of men!
9 For He satisfies the longing soul, And fills the hungry soul with goodness.

Sometimes life will lead you to _____ places

10 Those who sat in darkness and in the shadow of death, Bound in affliction and irons— 11 Because they rebelled against the words of God, And despised the counsel of the Most High, 12 Therefore He brought down their heart with labor; They fell down, and there was none to help. 13 Then they cried out to the Lord in their trouble, And He saved them out of their distresses.

14 He brought them out of darkness and the shadow of death, And broke their chains in pieces. 15 Oh, that men would give thanks to the Lord for His goodness, And for His wonderful works to the children of men!

16 For He has broken the gates of bronze, And cut the bars of iron in two.

Sometimes our _____ leads us to disillusionment.

17 Fools, because of their transgression, And because of their iniquities, were afflicted. 18 Their soul abhorred all manner of food, And they drew near to the gates of death. 19 Then they cried out to the Lord in their trouble, And He saved them out of their distresses. 20 He sent His word and healed them, And delivered them from their destructions. 21 Oh, that men would give thanks to the Lord for His goodness, And for His wonderful works to the children of men! 22 Let them sacrifice the sacrifices of thanksgiving, And declare His works with [d]rejoicing.

Sometimes our biggest dreams lead us _____.

23 Those who go down to the sea in ships, Who do business on great waters, 24 They see the works of the Lord, And His wonders in the deep. 25 For He commands and raises the stormy wind, Which lifts up the waves of the sea. 26 They mount up to the heavens, They go down again to the depths; Their soul melts because of trouble. 27 They reel to and fro, and stagger like a drunken man, And [e]are at their wits' end. 28 Then they cry out to the Lord in their trouble, And He brings them out of their distresses. 29 He calms the storm, So that its waves are still. 30 Then they are glad because they are quiet; So He guides them to their desired haven. 31 Oh, that men would give thanks to the Lord for His goodness, And for His wonderful works to the children of men! 32 Let them exalt Him also in the assembly of the people, And praise Him in the company of the elders.