



Run with the Horses

Week 4: Disappointment

CCV Groups Discussion Guide

OPENING QUESTION:

What do you enjoy doing outside of work time? Do you have a hobby and how did you get into it?

GROUPS VIDEO GUIDE

READ:

[Jeremiah 20:1-18](#)

DISCUSS:

- What are some common sources of disappointment?
- What positive and negative strategies do people use to cope with disappointment?
- After reading Jeremiah 20:7–18, what verses do you relate to emotionally? Do you think it would be healthy to talk to God like that?
- As you think back through some significant disappointments in your life, what did God accomplish in you through those times? How did He use those seasons to grow your faith?

GROUP CHALLENGE:

Memorize together **1 Peter 5:7**, “Cast all your anxiety on him because he cares for you.”

TAKE HOME QUESTIONS:

Table Talk (a question to ask your family): What has been your greatest disappointment this past year?

Water Cooler (a question to ask at work): What has been your greatest disappointment this past year? (Same as above)

PRAYER:

Go around the circle and have each person state a disappointment they have. Encourage them to keep it to 4-5 words. After each phrase say, "But..." and have the entire group join them in saying, "We give it to you." For example, a person could say, "I didn't get the promotion. But... We give it to you." The next person could say, "I still have migraines. But... We give it to you." Etc.

SCRIPTURES:

Psalm 27:1-3, "The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life— of whom shall I be afraid? When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident."

Psalm 31:13-14, "For I hear many whispering, 'Terror on every side!' They conspire against me and plot to take my life. But I trust in you, Lord; I say, 'You are my God.'"

Psalm 33:20-22, "We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you."

Psalm 55:22, "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

Psalm 62:5-6, "Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken."

Isaiah 26:3, "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Isaiah 41:10, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 16:33, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Romans 5:3-5, "Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."

Philippians 4:6-7, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

1 Peter 3:13-14, "Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened."

1 Peter 5:7, "Cast all your anxiety on him because he cares for you."