

## **Disappointment**

Daniel (Dan) Erwin Jansen: Inspired by his sister Jane he took up ice speed skating. Through her inspiration and his hard work he became the 1988 Olympic (Lillehammer, Norway) favorite to win Gold in the 500 and 1000 meter ice speed skating races. In the early hours of the day of the race he received a phone call that his sister Jane was dying of leukemia. He tried to speak to his sister but she was unable to respond. Later that morning he was informed that she had died. He decided to race and he dedicated his races to his sister, he wanted to win Gold for her.

Later that day in the 500 meter race, he fell rounding a turn 10 seconds into the race and was eliminated. There would be no Gold or medal of any kind for Jane, his country, or himself.  
DISAPPOINTMENT.

In the 1000 meter race a few days later he started out with record breaking speed but fell again and failed to finish. He left the 1988 Olympics with no medals.....DISAPPOINTMENT.

The 1992 Olympics (Albertville, Germany) came around. Dan was the favorite again in the 500 and 1000 meter races. He raced well but one minor stumble was enough to keep him off the podium. He finished 4<sup>th</sup> 0.32 seconds behind Uwe-Jens May of Germany the Gold medal winner. Again he left with no medals....DISAPPOINTMENT.

The 1994 Olympics came (Norway) and Dan figured that this would be his last chance for Olympic Gold. 300 meters into the 500 meter race it happened again...he lost his balance rounding a turn and dragged his hand on the ice, in a sport where hundredths of a second mean so much it pushed him to 8<sup>th</sup> place...DISAPPOINTMENT.

Dan would have one more shot in the 1000 meter race. In the 1000 meter race he started strong and by the 800 meter mark he was on world record pace. When he staggered again the whole world gasped, but this time he was able to right himself. Dan crossed the finish line in 1:12:43 good for a Gold Medal and a World Record. He took a victory lap in front of 10,000 screaming Norwegians and scores of clapping Olympians. In his arms he carried his baby daughter named, Jane, named for his older sister. FAITH, HOPE, PERSERVANCE, SUCCESS.

**Where do we take the pains of disappointment? (Heartache, Despair, Discouragement, Jealously of others success, Self-Defeat, Fear of failure, Loss of Hope, Self-Doubt)**

- **Heartache**

### **Psalm 31.**

**1** In thee, O LORD, do I put my trust; let me never be ashamed: deliver me in thy righteousness.

**2** Bow down thine ear to me; deliver me speedily: be thou my strong rock, for an house of defence to save me.

**3** For thou *art* my rock and my fortress; therefore for thy name's sake lead me, and guide me.

**5** Into thine hand I commit my spirit: thou hast redeemed me, O LORD God of truth.

**7** I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities;

**14** But I trusted in thee, O LORD: I said, Thou *art* my God.

**19** *Oh* how great *is* thy goodness, which thou hast laid up for them that fear thee; *which* thou hast wrought for them that trust in thee before the sons of men!

- **Despair**

## **II Corinthians 4: 7-12, 16-18**

**7** But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

**8** *We are* troubled on every side, yet not distressed; *we are* perplexed, but not in despair;

**9** Persecuted, but not forsaken; cast down, but not destroyed;

**10** Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

**11** For we which live are alway delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh.

**12** So then death worketh in us, but life in you.

**13** We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak;

**16** For which cause we faint not; but though our outward man perish, yet the inward *man* is renewed day by day.

**17** For our light affliction, which is but for a moment, worketh for us a far more exceeding *and* eternal weight of glory;

**18** While we look not at the things which are seen, but at the things which are not seen: for the things which are seen *are* temporal; but the things which are not seen *are* eternal.

- **Discouragement**

## **II Corinthians 1:3-11**

**3** Blessed *be* God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;

**4** Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

**5** For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ.

**6** And whether we be afflicted, *it is* for your consolation and salvation, which is effectual in the enduring of the same sufferings which we also suffer: or whether we be comforted, *it is* for your consolation and salvation.

**7** And our hope of you *is* steadfast, knowing, that as ye are partakers of the sufferings, so *shall ye be* also of the consolation.

**8** For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life:

**9** But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead:

**10** Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver *us*;

**11** Ye also helping together by prayer for us, that for the gift *bestowed* upon us by the means of many persons thanks may be given by many on our behalf.

- **Jealously Of Others Success**

### **Proverbs 14:30**

**30** A sound heart *is* the life of the flesh: but envy the rottenness of the bones.

### **Self Defeat (Giving Up)**

### **Luke 11:5-13**

**5** And he said unto them, Which of you shall have a friend, and shall go unto him at midnight, and say unto him, Friend, lend me three loaves;

**6** For a friend of mine in his journey is come to me, and I have nothing to set before him?

**7** And he from within shall answer and say, Trouble me not: the door is now shut, and my children are with me in bed; I cannot rise and give thee.

**8** I say unto you, Though he will not rise and give him, because he is his friend, yet because of his importunity he will rise and give him as many as he needeth.

**9** And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

**10** For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

**11** If a son shall ask bread of any of you that is a father, will he give him a stone? or if *he ask* a fish, will he for a fish give him a serpent?

**12** Or if he shall ask an egg, will he offer him a scorpion?

**13** If ye then, being evil, know how to give good gifts unto your children: how much more shall *your* heavenly Father give the Holy Spirit to them that ask him?

- **Fear Of Failure**

### **Psalm 37:23-24**

**23** The steps of a *good* man are ordered by the LORD: and he delighteth in his way.

**24** Though he fall, he shall not be utterly cast down: for the LORD upholdeth *him with* his hand.

- **Loss Of Hope**

### **Psalms 34:18**

**18** The LORD *is* nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

- **Self-Doubt**

### **Psalms 139: 13-18**

**13** For thou hast possessed my reins: thou hast covered me in my mother's womb.

**14** I will praise thee; for I am fearfully *and* wonderfully made: marvellous *are* thy works; and *that* my soul knoweth right well.

**15** My substance was not hid from thee, when I was made in secret, *and* curiously wrought in the lowest parts of the earth.

**16** Thine eyes did see my substance, yet being unperfect; and in thy book all *my members* were written, *which* in continuance were fashioned, when *as yet there was* none of them.

**17** How precious also are thy thoughts unto me, O God! how great is the sum of them!

**18** *If* I should count them, they are more in number than the sand: when I awake, I am still with thee.

### **When We Need More Than Human Help, God Is With Us.**

#### **Psalm 46**

**1** [To the chief Musician for the sons of Korah, A Song upon Alamoth.]  
God *is* our refuge and strength, a very present help in trouble.

**2** Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;

**3** *Though* the waters thereof roar *and* be troubled, *though* the mountains shake with the swelling thereof. Selah.

**4** *There is* a river, the streams whereof shall make glad the city of God, the holy *place* of the tabernacles of the most High.

**5** God *is* in the midst of her; she shall not be moved: God shall help her, *and that* right early.

**6** The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted.

**7** The LORD of hosts *is* with us; the God of Jacob *is* our refuge. Selah.

**8** Come, behold the works of the LORD, what desolations he hath made in the earth.

**9** He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire.

**10** Be still, and know that I *am* God: I will be exalted among the heathen, I will be exalted in the earth.

**11** The LORD of hosts *is* with us; the God of Jacob *is* our refuge. Selah.

When discouragement and all the pains that come with it seem to be taking over, take it to the Lord. He is able to provide and through him will come Faith, Hope, Perseverance, and Success Why? Because God loves you and it is God that strengthens you. (**Php. 4:13**)

### **Philippians 4:13**

**13** I can do all things through Christ which strengtheneth me.