

# 03.08 Groups Discussion Guide

## How Can God Use Your Disappointment for Good?

Mark 14:26 - 42 | Ps. Dustin Aagaard

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### Summary

Disappointment is a universal experience. Plans fall apart, people let us down, and prayers sometimes seem unanswered. In Mark 14:26 - 42, we see Jesus in the Garden of Gethsemane facing one of the most painful and disappointing moments of His life. His closest friends fall asleep while He asks them to pray, and He knows suffering is ahead.

Yet Jesus shows us a different way to respond to disappointment. Instead of becoming bitter or pulling away from God, He moves closer to the Father in honesty, trust, and obedience. Through this moment, we learn that disappointment is not a sin, it's a signal. It can either push us away from God or draw us closer to Him. When we surrender our expectations and trust God's will, He can transform disappointment into deeper faith, spiritual maturity, and a stronger relationship with Him.

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### Intro Prayer

Father, thank You for being present with us even in seasons of disappointment. You see our hurts, our questions, and the things that didn't turn out the way we hoped. As we open Your Word and discuss this message together, help us to be honest with You and with each other. Teach us how to trust You more deeply and follow You faithfully, even when life doesn't go as planned. In Jesus' name, Amen.

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### Ice Breaker

What's a small or funny disappointment you experienced recently (a canceled plan, late package, wrong order, etc.)?

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## Key Verses

1. Mark 14:26–31
2. Mark 14:32–36
3. Romans 8:28
4. Philippians 4:13

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## Questions

- 1) The message defined disappointment as *“the feeling when something doesn’t turn out the way you hoped.”* What’s an example of disappointment that most people can relate to?
  - 2) In the Garden of Gethsemane, Jesus asked His disciples to stay awake and pray, but they fell asleep. Why do you think this moment would have been especially disappointing for Jesus?
  - 3) The message said **“disappointment is not a sin, it’s a signal.”**What might God be trying to reveal or teach us when we experience disappointment?
  - 4) One point from the message was that **what disappoints you doesn’t have to define you.** What are some unhealthy ways people allow disappointment to shape their identity or outlook on life?
  - 5) The sermon explained that disappointment can either **drive us toward God or away from Him.** What determines which direction we go?
  - 6) Jesus prayed honestly in the garden: *“Take this cup from me... yet not what I will, but what You will.”* Why is it important to both express our desires to God and surrender to His will?
  - 7) The message described mature discipleship as **learning to be disappointed without becoming bitter.** Why do you think bitterness is such a common response to disappointment?
  - 8) Which part of Jesus’ prayer in the garden do you find most challenging or meaningful right now?
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# Life Application

Jesus modeled a three-part response to disappointment in the garden:

1. **Be honest with God** – express your pain and disappointment.
2. **Stay close to the Father** – remember who God is and trust His character.
3. **Surrender your will** – choose obedience even when the outcome isn't what you hoped.

This week, take time to bring one current disappointment to God using these three steps. Ask Him to show you how He might use that situation to grow your faith.

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## Key Takeaways

1. Disappointment is the feeling when something doesn't turn out the way we hoped.
  2. Disappointment is not a sin, it's a signal that can draw us closer to God.
  3. What disappoints us doesn't have to define us.
  4. Disappointment can push us toward God or away from Him depending on how we respond.
  5. Jesus modeled honesty, closeness, and surrender in the midst of disappointment.
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## Ending Prayer

Heavenly Father, thank You for meeting us in the middle of our disappointment. Help us not to run from You when life doesn't go the way we planned. Give us the courage to be honest with You, the faith to trust Your character, and the humility to surrender to Your will. Teach us to follow the example of Jesus in the garden, choosing obedience and trust even in difficult moments. We trust that You are working all things for good. In Jesus' name, Amen.