

How Do I Get Past Disappointments?

Theme: When Jealousy Disrupts My Destiny

Scripture: Acts 13:13-52

I. Why This Study?

A. Premise:

Disappointments in life and ministry are inevitable, especially when rooted in opposition, jealousy, or rejection. Acts 13:13-52 gives us a real example of how Paul and Barnabas navigated jealousy and disruption while staying focused on their mission.

B. Purpose:

This study explores how to overcome disappointment, especially when it stems from jealousy or resistance, and how to remain aligned with God's purpose.

II. Overview and Context: Acts 13:13-52

A. Paul and Barnabas were on their first missionary journey, speaking to _____ and _____ in Pisidian Antioch. Their message was well-received by Gentiles, but Jewish leaders became jealous and opposed them.

B. Despite this opposition, Paul and Barnabas boldly declared their focus on the _____, fulfilling their God-given mission.

III. Key Verses:

A. Acts 13:45: Jealousy of the Jewish leaders.

B. Acts 13:46: Bold declaration to the Gentiles.

C. Acts 13:50-52: _____ and _____ despite opposition.

IV. Navigating Jealousy and Disappointment

- A. Disappointments Are _____ (Acts 13:44-45)
1. The Jewish leaders became jealous when they saw the growing Gentile audience, fearing a loss of influence and control.
 2. Cultural Insight: The Greek word *zēlos* (jealousy) conveys envy driven by _____ and _____. This jealousy disrupted Paul and Barnabas' message but did not deter their mission.
- B. Stay Focused on God's Mission (Acts 13:46-47)
1. Paul and Barnabas boldly shifted their focus to the Gentiles, fulfilling Isaiah 49:6's prophecy of being "a _____ to the Gentiles."
 2. Cultural Insight: The term *ethnē* (Gentiles/nations) underscores God's universal plan of salvation. Paul's mission broke _____ barriers, which created tension but aligned with God's will.
- C. Trust God to Handle the Opposition (Acts 13:50-52)
1. Despite being expelled, Paul and Barnabas left with joy, filled with the Holy Spirit. They trusted that God would continue His work, even _____ their presence.

V. Application: How Do I Move Past Disappointment?

A. **Practical Steps to Overcome Disappointment:**

1. Acknowledge Your Feelings: Be _____ with God about your hurt, frustration, or anger.
2. Shift Your Focus: Ask, "What does God want me to learn or do next?"
3. Redirect with Boldness: Like Paul and Barnabas, look for the next opportunity to fulfill _____.
4. Remain Joyful in the Spirit: Joy isn't dependent on _____ but on the work of the Holy Spirit within you.
5. Ask for strength to overcome: God's power can _____ disappointments and give us _____ to stay focused on God's mission.
6. Pray for healing: God can and will help us to recover from any wounds caused by jealousy or opposition.

VI. Conclusion

Acts 13:13-52 is a powerful reminder that God's mission is unstoppable, even in the face of jealousy and opposition. Like Paul and Barnabas, we can overcome disappointment by trusting God, staying focused on His call, and relying on the Holy Spirit to fill us with joy as we press forward in faith. Disappointments, especially those caused by jealousy, do not have to disrupt your destiny. By focusing on God's purpose, trusting Him with the opposition, and staying filled with the Holy Spirit, you can press forward with joy and boldness.

VII. Reflection Questions

A. **Jealousy and Opposition:**

1. Have you ever faced jealousy or resistance when pursuing God's call? How did you respond?
2. How can we guard our hearts against jealousy when we see others succeed in ministry?

B. **Inclusivity in the Gospel:**

1. How does the inclusion of Gentiles in Acts 13 challenge us to be more welcoming and inclusive in our churches today?
2. Are there "God-fearers" in your life—people seeking God but feeling like outsiders? How can you invite them into deeper faith?

C. **Joy in the Midst of Rejection:**

1. How can we, like Paul and Barnabas, maintain joy and reliance on the Holy Spirit when facing rejection or disappointment?

D. **Practical Application:**

1. What can you do this week to shift your focus from disappointment to God's purpose?
2. How can you encourage others who may be facing opposition or jealousy?