

When People Disappoint You

30 Day Devotional

Trusting God Over Human Expectations

by Ty Gutierrez



DISAPPOINTMENT



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Acknowledgments

This book exists because of a single moment of divine revelation wrapped in marital wisdom. When God dropped into my spirit the words, "I can't meet God's standards, so how am I going to meet yours?" I shared this revelation with my beautiful wife, Jaziz. She looked at me with that thoughtful expression I've come to recognize—the one that means she's processing something profound. Then came the question that changed everything: "Are you sure you don't mean expectations?"

That simple yet powerful question unlocked a revelation that became this entire devotional. But Jaziz's contribution didn't stop there. As my amazing wife, dearest friend, and faithful co-laborer in Christ, she poured her exceptional graphic design skills and meticulous editing expertise into every page of this book.

Continued

When she suggested we research what people are actually searching for on Amazon to find a better title, her marketing wisdom transformed "Standards vs Expectations" into "When People Disappoint You." The moment I shared this new title with her and saw that beautiful smile spread across her face, I knew we had found our new baby's perfect name.

Jaziz, thank you for being the vessel God used to birth this revelation. Thank you for your countless hours of editing, your creative brilliance, and your unwavering support. You are not only my beloved wife but the co-creator of this work that I pray will bless thousands. This book is as much yours as it is mine.

Dedication

This book is lovingly dedicated to all pastors and parishioners, fathers and mothers, husbands and wives, and everyone navigating the beautiful complexity of human relationships.

I pray that these words will help you take your eyes off each other—not to love less, but to love better. May this devotional guide you to place your ultimate trust, hope, and expectations on Jesus Christ, the true Author and Finisher of our faith.

When we stop expecting people to be perfect and start trusting the One who actually is, our relationships are transformed, our hearts find peace, and our love becomes the unconditional grace God intended it to be.

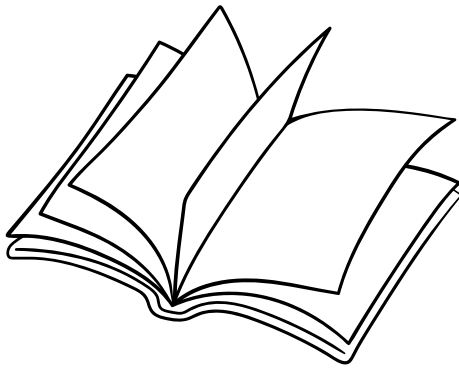
To every reader: may you discover the freedom of trusting God with all your heart while loving people with all your grace.

Introduction

How to Use This Devotional:

- Read each day's scripture slowly
- Reflect on the devotional message
- Pray the daily prayer
- Practice the action step
- Declare the daily truth

Let's discover the freedom that comes from placing our expectations on the only One who will never disappoint us.



Day 1

**"As for God, his way is perfect: The Lord's word is flawless. He shields all who take refuge in him." -
Psalm 18:30**

Reflection: Only God's way is perfect. Only God's word is flawless. Only God shields perfectly. When we expect perfection from people, we're asking them to be something they're not—God.

Your pastor will disappoint you. Your spouse will fail you. Your parents will let you down. Your children will hurt you. Not because they're terrible people, but because they're human people. They have the same fallen nature you do, the same limitations, the same capacity for failure.

But God? His way is perfect. His love never fails. His promises never break. His character never changes. He is the only safe place to put your ultimate trust, your deepest hopes, your greatest expectations.

This doesn't mean we lower our standards or accept sinful behavior from others. It means we stop expecting finite people to provide infinite love, perfect understanding, and complete security. Only God can do that.

Today's Prayer: God, forgive me for expecting people to be perfect when only You are perfect. Help me to place my ultimate trust in You alone, while loving others with grace for their humanity. Shield me as I learn to take refuge in You. Amen.

Action Step: Identify one person you've been expecting perfection from. Choose to extend them the same grace you need from God today.

Daily Declaration: "Only God is perfect. I will trust Him with my heart and extend grace to imperfect people."

Day 2

""Stop trusting in mere humans, who have but a breath in their nostrils. Why hold them in esteem?"

Isaiah 2:22

Reflection: When we put people on pedestals, we set them up for a fall—and ourselves up for heartbreak. Pedestals aren't just uncomfortable for the person standing on them; they're dangerous for everyone involved. Maybe you've placed your pastor on a pedestal, expecting them to have perfect spiritual insight for every situation. Maybe you've elevated your spouse to the position of meeting all your emotional needs. Maybe you've looked to a mentor as if they could never make a mistake. But humans "have but a breath in their nostrils." They're fragile, finite, and fallible. They were never designed to carry the weight of your ultimate trust or complete security. That weight will crush them and disappoint you.

God alone is worthy of the pedestal of our complete trust. He alone can handle the weight of our deepest longings. He alone will never fall from the height of our expectations because He truly is as good as we hope He is.

Today's Prayer: Lord, show me if I've put anyone on a pedestal that belongs only to You. Help me to take people off pedestals while still honoring and respecting them appropriately. You alone are worthy of my ultimate trust. Amen.

Action Step: If you've put someone on a pedestal, mentally "help them down" today by acknowledging their humanity and choosing to trust God instead of them for your security.

Daily Declaration: "I will not put people on pedestals that belong only to God. Humans are worthy of love, not worship."

Day 3

"It is better to take refuge in the Lord than to trust in humans. It is better to take refuge in the Lord than to trust in princes." - Psalm 118:8-9

Reflection: Church hurt is real. When spiritual leaders fall, when pastors disappoint, when those who represent God fail us, the pain cuts deep. We expected them to be different, to be above the struggles that plague "ordinary" people. But even princes—even those in positions of spiritual authority—are still human. They still struggle with pride, fear, selfishness, and sin. They still need grace, forgiveness, and the transforming power of God in their lives. This doesn't excuse sinful behavior or mean we shouldn't have healthy expectations of leaders. It means we shouldn't place our faith in them rather than in God. They are servants, not saviors. They are shepherds, not the Shepherd. When church leaders fail, it's an opportunity to ask: Was I trusting in them or in God? Was I looking to them for what only God can provide? Your faith can survive leadership failures when it's anchored in the God who never fails.

Today's Prayer: God, heal any church hurt I'm carrying. Help me to forgive leaders who have disappointed me while still maintaining healthy boundaries. My refuge is in You, not in any human leader. Amen.

Action Step: If you're carrying hurt from church leadership, choose to forgive today—not for their sake, but for your freedom. Place your trust back in God where it belongs.

Daily Declaration: "My faith is in God, not in human leaders. I can forgive and trust God even when people disappoint me."

Day 4

"Above all else, guard your heart, for everything you do flows from it." - Proverbs 4:23

Reflection: Marriage is beautiful, but it's not designed to complete you—only God can do that. When we expect our spouse to meet all our emotional needs, provide perfect understanding, and never disappoint us, we're asking them to be God in our lives. Your spouse cannot heal your childhood wounds, fix your insecurities, or provide the perfect love your heart craves. They can love you well, but they cannot love you perfectly. They can understand you deeply, but they cannot understand you completely. They can support you faithfully, but they cannot support you flawlessly. When you guard your heart by placing your ultimate expectations on God rather than your spouse, you free your marriage to be what it was designed to be: a partnership between two imperfect people committed to loving each other with God's help.

The most beautiful marriages are not between perfect people, but between imperfect people who have realistic expectations of each other and ultimate trust in God.

Today's Prayer: God, help me to guard my heart by placing my deepest needs and expectations on You, not my spouse. Show me how to love them well without expecting them to be my everything. Amen.

Action Step: If you're married, identify one expectation you've placed on your spouse that belongs with God. Choose to bring that need to God instead of your spouse today.

Daily Declaration: "I will guard my heart by expecting from God what only God can give. My spouse is my partner, not my savior."

Day 5

"Honor your father and your mother, so that you may live long in the land the Lord your God is giving you." - Exodus 20:12

Reflection: We're commanded to honor our parents, but we're not commanded to expect perfection from them. Many of us carry wounds from imperfect parenting—words that hurt, needs that went unmet, love that felt conditional.

Your parents did the best they could with what they had, but their best wasn't perfect. They had their own wounds, their own limitations, their own fallen nature. They needed grace just as much as you do. Honoring your parents doesn't mean pretending they were perfect or that they didn't hurt you. It means choosing to respect their position while recognizing their humanity. It means forgiving them for not being the perfect parents you needed while being grateful for the good they did provide.

The perfect parent love you craved can only be found in your Heavenly Father, who loves you perfectly, understands you completely, and will never disappoint you.

Today's Prayer: Heavenly Father, thank You for being the perfect parent I've always needed. Help me to honor my earthly parents while recognizing they are human. Heal any wounds from imperfect parenting. Amen.

Action Step: If you're carrying hurt from your parents, choose to honor them today by recognizing both their humanity and their efforts, while taking your deepest needs to God.

Daily Declaration: "I honor my parents as humans while finding my perfect parent love in God alone."

Day 6

"A friend loves at all times, and a brother is born for a time of adversity." - Proverbs 17:17

Reflection: Friends will love you, but not at all times—only God does that. Friends will be there for you, but not always when you need them most—only God is always available. Friends will understand you, but not completely—only God knows your heart perfectly. Friendship disappointments hurt because we often expect friends to provide the constant, perfect, unconditional love that only God can give. We expect them to always be available, always understand, always support us without question.

But friends are human. They have their own struggles, their own limits, their own needs. They will sometimes let you down, not because they don't love you, but because they're finite people with finite capacity.

The most beautiful friendships happen when we appreciate what friends can give without expecting what only God can provide. We can love friends deeply while trusting God ultimately.

Today's Prayer: Lord, thank You for the gift of friendship. Help me to appreciate my friends for who they are without expecting them to be You. Teach me to love well while trusting ultimately. Amen.

Action Step: Thank a friend today for what they have given you, without mentioning what they haven't. Appreciate their humanity.

Daily Declaration: "I will appreciate friends for who they are while trusting God for what only He can provide."

Day 7

"Many are the plans in a person's heart, but it is the Lord's purpose that prevails." - Proverbs 19:21

Reflection: Mentors can guide you, but they cannot guarantee your path. They can share wisdom, but they don't have all the answers. They can model faithfulness, but they cannot model perfection.

When mentors disappoint us—when they give advice that doesn't work out, when they make decisions we disagree with, when they reveal their own struggles and failures—we realize they're on a journey too. They're learning, growing, and sometimes failing just like we are.

The purpose of a mentor is not to be perfect but to be a few steps ahead on the path, willing to share what they've learned. The Lord's purpose will prevail in your life, with or without perfect guidance from imperfect people.

You can be grateful for mentors while recognizing that only God can direct your paths perfectly. Their wisdom is valuable, but His wisdom is infallible.

Today's Prayer: God, thank You for mentors who have shared their journey with me. Help me to receive their wisdom with gratitude while trusting ultimately in Your guidance for my life. Amen.

Action Step: If a mentor has disappointed you, choose to focus on what you've learned from them rather than how they've failed you. Trust God for your next steps.

Daily Declaration: "I receive wisdom from mentors with gratitude while trusting God alone for perfect guidance."

Day 8

"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ." - Galatians 1:10

Reflection: Just as we place unfair expectations on others, others place unfair expectations on us. People expect us to be perfect, to always be strong, to never disappoint them, to meet their needs in ways only God can.

When you try to meet everyone's expectations, you become a slave to human approval rather than a servant of Christ. You exhaust yourself trying to be God in other people's lives, which is impossible and destructive.

The freedom to disappoint people is actually a gift. It reminds them (and you) that you're human, that you have limits, that you cannot be their everything.

When you disappoint people, you point them back to the only One who will never disappoint them.

You cannot be everyone's savior. You cannot meet everyone's needs. You cannot carry everyone's expectations. Only God can do that.

Today's Prayer: Lord, free me from the burden of trying to meet everyone's expectations. Help me to serve You faithfully while accepting that I will sometimes disappoint people. That's part of being human. Amen.

Action Step: Identify one area where you've been trying to meet impossible expectations from others. Give yourself permission to be human in that area today.

Daily Declaration: "I serve God, not human approval. I have permission to disappoint people because I am not their savior."

Day 9

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Deuteronomy 31:8

Reflection: People will leave. People will forsake. People will move away, change their minds, or simply grow apart from you. This isn't necessarily because they're bad people—it's because they're human people with their own journeys, needs, and limitations.

But the Lord will never leave you nor forsake you. He goes before you into every uncertain future. He walks beside you through every difficult present. He never changes His mind about you, never grows tired of you, never finds someone He likes better. When you find your security in God rather than in people, you can love others without clinging to them. You can invest in relationships without being destroyed when they change. You can be committed without being codependent.

The security you're looking for from people is only found in the God who promises to never leave you.

Today's Prayer: Lord, thank You for being my ultimate security. Help me to find my safety in You so I can love others freely without clinging to them desperately. You are my rock. Amen.

Action Step: If you've been clinging to someone for security, choose to hold them loosely today while holding onto God tightly.

Daily Declaration: "My security is in God alone. I can love people without needing them to complete me."

Day 10

But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"

2 Corinthians 12:9

Reflection: God's power is made perfect in weakness—both yours and others'. When people fail you, when they reveal their weaknesses, when they show their humanity, it's an opportunity to extend the same grace God extends to you.

You need grace for your weaknesses. Your spouse needs grace for theirs. Your friends need grace for theirs. Your leaders need grace for theirs. Grace doesn't excuse sin or eliminate consequences, but it does provide the foundation for healthy relationships. When you expect people to be strong all the time, you miss the opportunity to see God's power displayed through their weakness. When you extend grace to others' failures, you create space for God to work in and through imperfect people.

The most beautiful relationships are not between perfect people but between imperfect people who extend grace to each other while finding their strength in God.

Today's Prayer: God, Your grace is sufficient for my weakness and for others' weaknesses too. Help me to extend grace generously while finding my strength in You alone. Amen.

Action Step: Extend specific grace to someone today who has shown you their weakness or failure. See it as an opportunity for God's power, not just human disappointment.

Daily Declaration: "I extend grace to others' weaknesses while finding my strength in God's sufficiency."

Day 11

"We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise."

2 Corinthians 10:12

Reflection: When we compare ourselves to others, we often create unrealistic expectations based on incomplete information. We see their highlight reel and compare it to our behind-the-scenes struggles. We expect ourselves to measure up to standards that may not even be real.

Comparison also leads us to expect others to be like us—to have our strengths, our perspectives, our abilities. When they don't, we feel disappointed rather than appreciating their unique design.

God doesn't compare you to anyone else, and He doesn't expect you to be anyone other than who He created you to be. He also doesn't expect others to be just like you. Each person has their own journey, their own growth process, their own unique purpose. Freedom from comparison means freedom from the expectations that come with it—both the ones you place on yourself and the ones you place on others.

Today's Prayer: God, free me from the trap of comparison. Help me to appreciate the unique way You've created me and others. Let me find my worth in You, not in measuring up to others. Amen.

Action Step: When you catch yourself comparing today, immediately redirect your focus to thanking God for something unique about yourself and the person you were comparing yourself to.

Daily Declaration: "I will not compare myself to others or expect others to be like me. God has a unique plan for each of us."

Day 12

"For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord."

Isaiah 55:8

Reflection: People will rush you when God wants you to wait. People will make you wait when God wants you to move. People will give you advice based on their timeline, their understanding, their perspective—but God's timing is perfect.

When you trust people's timing more than God's timing, you either rush ahead of His plan or lag behind His purposes. People can give good advice, but they cannot see the whole picture the way God can.

God's ways are higher than human ways. His thoughts are higher than human thoughts. His timing considers factors that people cannot see and accounts for purposes they cannot understand.

You can listen to people's counsel while ultimately trusting God's timing. You can appreciate human perspective while submitting to divine wisdom.

Today's Prayer: Lord, help me to trust Your timing above human timing. When people rush me or delay me, let me seek Your wisdom above their advice. Your ways are higher than our ways. Amen.

Action Step: If you're feeling pressured by someone else's timeline, take time to pray and ask God for His perspective on the timing of this situation.

Daily Declaration: "I trust God's timing above human timing. His ways and thoughts are higher than ours."

Day 13

"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life." - Proverbs 13:12

Reflection: How many times has your heart been made sick by deferred hope? How many times have you hoped in people who couldn't deliver what you needed? How many times have you placed your deepest longings on human shoulders that couldn't carry the weight?

The heart sickness that comes from deferred hope is often the result of placing our hope in the wrong place. When we hope in people for what only God can provide, we set ourselves up for the painful disappointment of deferred hope.

But when our hope is in God, our longings can be fulfilled because He actually can provide what we need. He can heal what we cannot heal. He can fulfill what others cannot fulfill. He can satisfy what nothing else can satisfy.

The tree of life grows when our hope is planted in the right soil—not in human promises, but in God's faithfulness.

Today's Prayer: God, heal the heart sickness I've experienced from deferred hope. Help me to place my hope in You, where it can actually be fulfilled. You are the tree of life for my soul. Amen.

Action Step: Identify one area where you've experienced heart sickness from deferred hope. Choose to transfer that hope from a person to God today.

Daily Declaration: "I place my hope in God alone, where it can be fulfilled and become a tree of life."

Day 14

"Above all, love each other deeply, because love covers over a multitude of sins." - 1 Peter 4:8

Reflection: Love deeply, but don't attach your peace to others' performance. Love people for who they are, not for what they can do for you. Love them without expecting them to complete you, fix you, or fulfill you.

Attachment says, "I love you because of what you provide for me." Love says, "I love you regardless of what you can give me." Attachment creates expectations that burden relationships. Love creates freedom that blesses relationships.

When you love without unhealthy attachment, you can celebrate others' successes without needing them for your worth. You can support them through failures without being destroyed by their humanity. You can commit to them without being controlled by them.

This kind of love covers a multitude of sins because it doesn't expect people to be sinless. It loves them as they are while trusting God to make them who they're becoming.

Today's Prayer: God, teach me to love deeply without unhealthy attachment. Help me to love people for who they are, not for what they can do for me. Let my love cover their sins as Yours covers mine. Amen.

Action Step: Choose to love someone today without expecting anything in return. Show them kindness simply because they're valuable to God.

Daily Declaration: "I will love deeply without unhealthy attachment. My love covers sins rather than creating expectations."

Day 15

**"Come to me, all you who are weary and burdened,
and I will give you rest." - Matthew 11:28**

Reflection: Just as you place unfair expectations on others, you probably place unfair expectations on yourself. You expect yourself to be perfect, to never fail, to always have the right answer, to meet everyone's needs.

This burden of perfection is exhausting. It makes you weary in your soul and burdened in your heart. You were never designed to carry the weight of being perfect—only God can handle that weight.

Jesus invites you to come to Him with your weariness and burdens. He doesn't ask you to be perfect before you come; He asks you to come so He can give you rest from trying to be perfect.

When you release yourself from the expectation of perfection, you also release others from the same impossible standard. Rest flows both ways.

Today's Prayer: Jesus, I am weary from trying to be perfect. I bring this burden to You and ask for Your rest. Help me to release myself and others from impossible expectations. Amen.

Action Step: Identify one area where you've been expecting perfection from yourself. Give yourself permission to be human in that area today.

Daily Declaration: "I release myself from the burden of perfection and find rest in Jesus alone."

Day 16

"Jesus Christ is the same yesterday and today and forever." - Hebrews 13:8

Reflection: People change. Their moods change, their circumstances change, their priorities change, their feelings toward you change. This isn't necessarily bad—change can be good—but it means people cannot be your unchanging foundation. Jesus Christ is the same yesterday, today, and forever. His love for you doesn't fluctuate with His mood because His mood doesn't fluctuate. His commitment to you doesn't change with circumstances because He controls circumstances. His character is constant because He is God. When your foundation is the unchanging character of God rather than the changing nature of people, you have stability. You can weather the storms of human inconsistency because you're anchored to the Rock that never moves. This doesn't mean you can't appreciate the beautiful changes people make as they grow. It means you don't build your security on their consistency because only God is perfectly consistent.

Today's Prayer: Lord, thank You for being my unchanging foundation. When people around me change, help me to remain anchored in Your constant character. You are the same yesterday, today, and forever. Amen.

Action Step: If someone's recent changes have shaken your security, remind yourself of one aspect of God's character that never changes and anchor yourself there.

Daily Declaration: "My foundation is God's unchanging character, not people's changing nature."

Day 17

"Above all else, guard your heart, for everything you do flows from it." - Proverbs 4:23

Reflection: Guarding your heart doesn't mean building walls against everyone—it means having healthy boundaries that protect your peace while still allowing love to flow. It means not placing expectations on people that they cannot meet. Healthy boundaries say, "I will love you, but I won't expect you to be my everything." They say, "I will invest in our relationship, but I won't make you responsible for my happiness." They say, "I will be there for you, but I won't try to be your savior." Boundaries protect both people in the relationship. They protect you from the disappointment of unmet expectations, and they protect others from the burden of expectations they cannot carry. When you guard your heart by placing ultimate trust in God alone, you're free to love people without the fear of being hurt by their humanity.

Today's Prayer: God, teach me to guard my heart with healthy boundaries. Help me to love people well without expecting them to be You. Show me how to protect my peace while still loving deeply. Amen.

Action Step: Identify one relationship where you need healthier boundaries. Take one small step toward protecting your heart while still loving that person today.

Daily Declaration: "I guard my heart with healthy boundaries that protect my peace and others' freedom."

Day 18

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." - Romans 8:28

Reflection: Disappointment with people can actually be a gift—it redirects you to the only One who will never disappoint you. When people fail to meet your expectations, it's an opportunity to examine whether those expectations belonged on them in the first place.

Every disappointment is a chance to ask: Was I looking to this person for something only God can provide? Was I trusting in them for security, worth, or fulfillment that only comes from God?

God can work even disappointments for your good when you let them teach you where to place your trust. The pain of human disappointment can drive you deeper into the arms of the One who never disappoints.

This doesn't mean disappointment isn't real or doesn't hurt. It means God can use it to redirect your hope to the right place and strengthen your relationship with Him.

Today's Prayer: God, thank You for working even disappointments for my good. When people disappoint me, help me to see it as an opportunity to trust You more deeply. Redirect my hope to You. Amen.

Action Step: Think of a recent disappointment with someone. Ask God how He might use this to deepen your trust in Him rather than in people.

Daily Declaration: "God works even disappointments for my good, redirecting my trust to Him alone."

Day 19

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." - 1 Thessalonians 5:18

Reflection: Gratitude shifts your focus from what people haven't given you to what God has given you. It helps you appreciate the good that imperfect people do provide instead of being consumed by what they cannot provide.

When you practice gratitude for people's humanity rather than resentment for their limitations, you create space for healthier relationships. You can thank God for their presence in your life without demanding perfection from them.

Gratitude also reminds you of God's faithfulness when people fail. In all circumstances—including disappointing ones—you can give thanks because you know God is working, God is present, and God will provide what you truly need.

This doesn't mean being thankful for sin or harmful behavior. It means being thankful that even in difficult circumstances, God is with you and working for your good.

Today's Prayer: God, help me to practice gratitude even when people disappoint me. Thank You for the good that imperfect people bring to my life, and thank You for being perfect when they cannot be. Amen.

Action Step: Write down three things you're grateful for about someone who has recently disappointed you. Focus on their humanity rather than their failures.

Daily Declaration: "I practice gratitude for people's humanity while trusting God for their limitations."

Day 20

"Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe." - Proverbs 29:25

Reflection: People-pleasing is another form of placing expectations on the wrong source—it's expecting people's approval to provide the security and worth that only God can give. When you need people's approval to feel okay about yourself, you become enslaved to their expectations.

The fear of man is a snare because it traps you in an endless cycle of trying to earn something you can never fully secure—human approval is fickle, conditional, and temporary. But when you trust in the Lord, you are kept safe because His approval is constant, unconditional, and eternal.

Freedom from people-pleasing doesn't mean you become rude or inconsiderate. It means you serve others from love rather than fear, from security rather than insecurity, from God's approval rather than the need for human approval.

When you're secure in God's love, you can love people without needing their approval in return.

Today's Prayer: Lord, free me from the snare of people-pleasing. Help me to find my security in Your approval so I can serve others from love rather than fear. Keep me safe in Your approval. Amen.

Action Step: Identify one area where you've been people-pleasing out of fear. Choose to act from God's approval rather than the need for human approval today.

Daily Declaration: "I am free from people-pleasing because I am secure in God's approval alone."

Day 21

"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ." - Philippians 1:6

Reflection: You're in the middle of your story, and so is everyone else. The people who disappoint you today are not finished products—they're works in progress, just like you. God is still working on them, just like He's still working on you.

When you remember that you're all in the middle of the story, you can extend grace for the chapters that aren't finished yet. You can appreciate the progress without demanding perfection. You can love people where they are while trusting God with where they're going.

God who began the work in them will complete it, just like He will complete the work in you. This doesn't happen on your timeline or according to your expectations—it happens according to His perfect plan and timing.

The middle of the story is often messy, but the Author knows exactly how it ends.

Today's Prayer: God, help me to remember that everyone is in the middle of their story. Give me patience with others' growth process as You have patience with mine. Complete Your work in all of us. Amen.

Action Step: Choose to see someone who has disappointed you as a work in progress rather than a finished product. Pray for God to continue His work in their life.

Daily Declaration: "I am in the middle of my story, and so is everyone else. God is still working on all of us."

Day 22

""Cast your bread upon the waters, for after many days you will find it again." - Ecclesiastes 11:1

Reflection: You can invest in people without trying to control the outcome. You can love generously without demanding specific returns. You can give your best to relationships while trusting God with the results.

Casting your bread upon the waters means giving without being able to control where it goes or when it returns. It's an act of faith that trusts God to bring good from your investments, even when you can't see how.

When you invest in people while trying to control their response, you create pressure in the relationship. When you invest while trusting God with the outcome, you create freedom for both of you.

Your job is to love well, give generously, and serve faithfully. God's job is to work in people's hearts and bring about the results He desires in His timing.

Today's Prayer: God, help me to invest in people without trying to control them. Teach me to cast my bread upon the waters and trust You with the results. Let me love freely and give generously. Amen.

Action Step: Do something kind for someone today without expecting anything in return. Practice investing without controlling.

Daily Declaration: "I invest in people without trying to control the outcome. I trust God with the results of my love."

Day 23

"Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ." - Romans 5:1

Reflection: Peace comes from accepting what is rather than demanding what should be. When you accept that people are human, that they will fail, that they cannot meet all your needs, you find peace with reality instead of constantly fighting against it. Acceptance doesn't mean approval of sin or settling for less than God's best. It means acknowledging reality so you can work with it rather than against it. It means finding peace with people as they are while trusting God to make them who they're becoming. You have peace with God not because you're perfect, but because you've been justified by faith. In the same way, you can have peace with people not because they're perfect, but because you understand they're on a journey of grace just like you. This peace frees you to love people where they are instead of where you think they should be.

Today's Prayer: Lord, grant me the peace that comes from accepting people as they are while trusting You with who they're becoming. Help me to stop fighting reality and start working with Your grace. Amen.

Action Step: Practice acceptance today by choosing to love someone exactly where they are instead of where you think they should be.

Daily Declaration: "I find peace through accepting people as they are while trusting God with who they're becoming."

Day 24

""As iron sharpens iron, so one person sharpens another." - Proverbs 27:17

Reflection: God designed you for community, but not for codependency. Iron sharpens iron, but both pieces of iron remain separate and distinct. They help each other become better while maintaining their own integrity.

Healthy community involves mutual encouragement, accountability, and support. Codependent community involves losing yourself in others or expecting others to lose themselves in you. It's the difference between interdependence and unhealthy dependence.

You can be committed to people without being controlled by them. You can support others without trying to fix them. You can receive help without expecting others to carry your responsibilities.

True community happens when people come together with their individual relationships with God intact, supporting each other's growth while maintaining healthy boundaries.

Today's Prayer: God, help me to build healthy community without falling into codependency. Show me how to sharpen others and be sharpened while maintaining my relationship with You as primary. Amen.

Action Step: Evaluate one relationship for signs of codependency. Take one step toward healthier interdependence while maintaining your individual relationship with God.

Daily Declaration: "I engage in community without codependency. I sharpen others while maintaining my own relationship with God."

Day 25

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." - Ephesians 4:32

Reflection: Forgiveness often requires releasing people from expectations they never agreed to carry. How many times have you been angry with someone for not meeting an expectation they didn't even know you had?

True forgiveness involves letting go of the debt you feel others owe you for not being who you needed them to be. It's releasing them from the obligation to meet needs they were never designed to meet. God forgave you not because you met His standards, but because Christ met them for you. In the same way, you can forgive others not because they've met your expectations, but because God's grace is sufficient for both of you.

Forgiveness doesn't mean the relationship goes back to the way it was—it might need new boundaries. But it does mean releasing the debt and choosing to bless rather than hold grudges.

Today's Prayer: God, help me to forgive others for not meeting expectations they may not have even known about. As You have forgiven me, help me to forgive others. Release me from resentment. Amen.

Action Step: Identify someone you need to forgive for not meeting your expectations. Choose to release them from that debt today and bless them instead.

Daily Declaration: "I forgive others for not meeting expectations they never agreed to carry. I release debts and choose blessing."

Day 26

"And my God will meet all your needs according to the riches of his glory in Christ Jesus."

Philippians 4:19

Reflection: God will meet all your needs—not some of them, not most of them, but all of them. He doesn't need perfect people to accomplish this; He can use imperfect people while being your ultimate provider.

When you trust God to meet your needs, you can appreciate what people provide without demanding what they cannot give. You can receive their love as a gift rather than demanding it as a necessity.

God's provision comes according to His riches, not according to people's ability. His resources are unlimited, so your needs can be met even when people fall short. His timing is perfect, so your needs will be met even when people's timing is off.

This doesn't mean you shouldn't have reasonable expectations in relationships. It means your deepest needs for love, security, worth, and purpose are ultimately God's responsibility, not people's.

Today's Prayer: God, thank You for promising to meet all my needs according to Your riches. Help me to trust You as my ultimate provider while appreciating what people can give. Amen.

Action Step: Identify one need you've been expecting someone else to meet. Take that need to God and trust Him to provide what you need.

Daily Declaration: "God will meet all my needs according to His riches. I can appreciate people's gifts without demanding their perfection."

Day 27

"This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters." - 1 John 3:16

Reflection: God's love for you isn't based on your performance, so your love for others doesn't have to be based on their performance either. You can love people like God loves them—unconditionally, sacrificially, and with full knowledge of their flaws. Laying down your life for others doesn't mean becoming a doormat or enabling dysfunction. It means choosing to love them even when they disappoint you, just like God continues to love you when you disappoint Him.

This kind of love is only possible when you're secure in God's love for you. You can't give what you don't have. When you know you're perfectly loved by God, you can imperfectly love others without expecting perfection in return.

The goal isn't to love people perfectly—only God can do that. The goal is to love people like God loves you: with grace, patience, and commitment to their good.

Today's Prayer: God, help me to love others the way You love me—unconditionally and sacrificially. Fill me with Your love so I can give it freely to others, even when they disappoint me. Amen.

Action Step: Show unconditional love to someone today who has recently disappointed you. Love them like God loves you—with full knowledge of their flaws.

Daily Declaration: "I love others like God loves me—unconditionally, sacrificially, and with full knowledge of their humanity."

Day 28

"Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."

Matthew 7:24

Reflection: When you build your life on the rock of God's character rather than the shifting sand of people's performance, you have a foundation that can weather any storm. People will disappoint you, but the Rock will never shift.

Building on the Rock means making God's Word, not people's promises, your foundation. It means finding your identity in whose you are, not in how others treat you. It means grounding your security in God's faithfulness, not in human consistency.

This doesn't mean people aren't important—they are. It means they're not foundational. They're part of the house, not the foundation. They add beauty and comfort to your life, but they don't determine whether your life stands or falls.

When your foundation is secure in God, you can weather the storms that come when people fail without your whole life falling apart.

Today's Prayer: Lord, help me to build my life on the solid rock of Your character rather than the shifting sand of human performance. Be my foundation, and let people be blessings rather than necessities. Amen.

Action Step: Identify one area where you've been building on people rather than on God. Take one step today to transfer that foundation to the Rock.

Daily Declaration: "I build my life on the solid rock of God's character, not on the shifting sand of human performance."

Day 29

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." - Galatians 5:1

Reflection: Christ has set you free to love without fear, to give without guaranteed return, to invest without controlling outcomes. When your security is in God alone, you're free to love people without the fear of being hurt by their humanity.

The yoke of slavery includes being enslaved to others' approval, controlled by their moods, or dependent on their performance for your peace. Christ came to free you from all forms of slavery, including emotional slavery to people's expectations. Freedom doesn't mean isolation—it means connection without codependency. It means loving deeply while trusting ultimately. It means caring genuinely while resting securely in God's unchanging love.

This freedom is a gift that keeps giving. When you're free, you help others become free. When you love without fear, you create space for others to love without pressure.

Today's Prayer: Lord, thank You for setting me free to love without fear. Help me to stand firm in this freedom and not become enslaved again to people's expectations or approval. Let me love freely. Amen.

Action Step: Practice loving someone today without any fear of how they might respond. Love them freely because you're free in God's love.

Daily Declaration: "Christ has set me free to love without fear. I will not be enslaved again by people's expectations."

Day 30

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." - Proverbs 3:5-6

Reflection: Here we are at day 30, back where we started—with the truth that changes everything. Trust in the Lord with all your heart, not in people with all your heart. Lean not on your own understanding or others' understanding, but on God's wisdom.

You've learned the difference between God's unchanging standards and human expectations. You've discovered that people can love you well without being able to love you perfectly. You've experienced the freedom that comes from placing your ultimate trust in the only One who is ultimately trustworthy.

This doesn't mean relationships don't matter—they matter deeply. It means they matter in the right way now. You can invest in them, enjoy them, and be blessed by them without being enslaved by them.

The path ahead is straight when God directs it, even when people misunderstand your direction. Your heart is secure when it trusts the Lord, even when people break your trust.

Today's Prayer: Lord, thank You for 30 days of learning to trust You with all my heart. Help me to continue leaning on You rather than on people's understanding. Make my paths straight as I submit to You. Amen.

Action Step: Write down the most important thing you've learned about trusting God versus trusting people. Commit to living this truth going forward.

Daily Declaration: "I trust in the Lord with all my heart. My paths are straight when He directs them."

Final Reflection: The Journey Continues

Congratulations on completing 30 days of learning to distinguish between God's standards and human expectations. This journey has equipped you with the tools to love people well without expecting them to be God in your life.

Remember These Truths:

- Only God meets His own standards; humans need grace for their limitations
- Your security comes from God's unchanging character, not people's changing nature
- You can love deeply without unhealthy attachment
- Disappointment often redirects your trust to where it belongs
- Forgiveness includes releasing people from expectations they cannot meet
- Community is beautiful when it's built on healthy interdependence, not codependency
- The freedom to love comes from being secure in God's love first

Some Final Thoughts

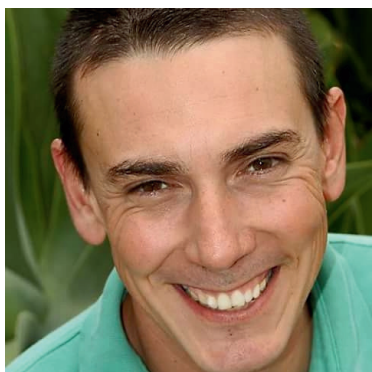
Moving Forward: The temptation will be to slip back into old patterns—expecting people to meet needs only God can meet, placing ultimate trust in human relationships, or becoming hurt when people show their humanity. When this happens, remember: standards belong to God; expectations need realistic adjustment for humans.

Your relationships will be healthier, your heart will be more at peace, and your love will be more genuine when you trust the Lord with all your heart instead of leaning on human understanding.

Prayer

Father, thank You for teaching me the difference between Your perfect standards and realistic human expectations. Help me to continue trusting You alone with my ultimate needs while loving people in their humanity. When I'm tempted to make people into idols or expect them to be You, remind me of these truths. Give me wisdom to build healthy relationships that honor both Your standards and human limitations.

Right now, I forgive all those who have hurt me and release them from what I feel they owe me. I pray you heal all my disappointments and hurt. In Jesus' name, Amen.



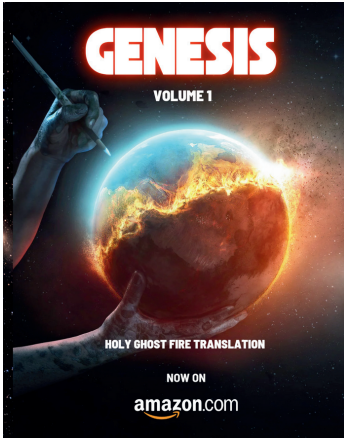
About the Author

Ty Gutierrez is from Southern California, where he runs an advertising agency and window cleaning business. He is happily married and actively attends church. Currently in recovery for alcoholism, Ty is working a 12-step program and has found healing through placing his trust in God rather than people. Through his personal journey of recovery and spiritual growth, Ty discovered the life-changing difference between expecting perfection from people and finding it only in God. This revelation led him to write "When People Disappoint You" to help others who struggle with unrealistic expectations in relationships.

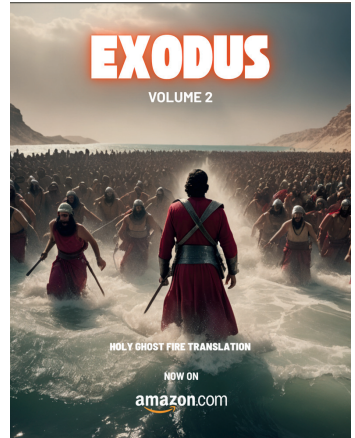
Ty is the founder of Holy Ghost Fire Publishing and is passionate about helping others find freedom from the burden of human disappointment through biblical truth and practical wisdom.

Other Book Titles

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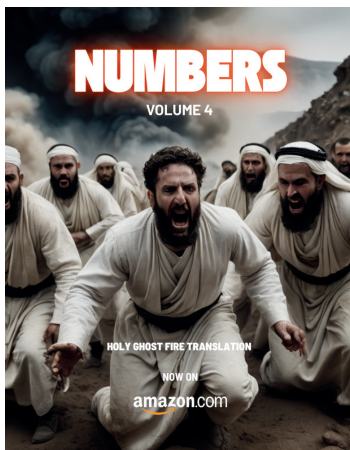
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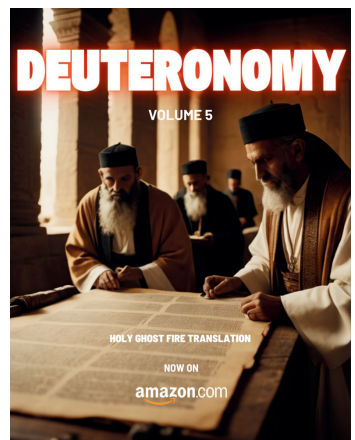
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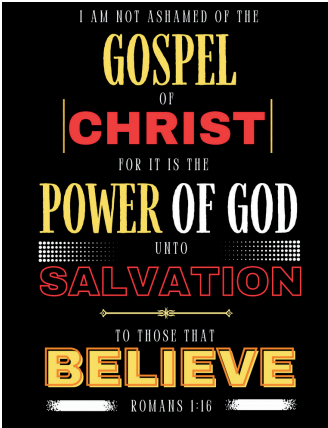
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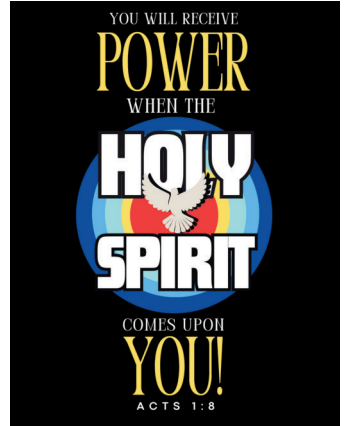
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About This Book

When your pastor falls from grace, your spouse doesn't understand you, or your closest friends abandon you in crisis—the pain cuts deep. You're left wondering if you can trust anyone again. What if the real problem isn't that people are failing you, but that you're expecting finite humans to provide what only an infinite God can give?

"When People Disappoint You" is a transformative 30-day devotional that will shift your perspective from human disappointment to divine hope. You'll discover how to love people deeply without expecting them to complete you, find your security in the only One who will never let you down, and build healthier relationships through biblical boundaries and unconditional grace.

Stop expecting people to be God. Start trusting the One who actually is. When you learn to place your ultimate hope in God's unchanging character rather than people's changing nature, your relationships become healthier, your heart finds peace, and your love becomes truly unconditional. Your 30-day transformation from disappointment to divine trust starts today.