

# TRUE LIES - Part 2

## How to Change Your Expectations

Josh Mouser

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Part of True Lies

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## How to Change Your Expectations

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# TRUE LIES



*Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. The saying is trustworthy and deserving of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.*

*Command and teach these things. Let no one despise you for your youth, but set the believers an example in speech,*

*in conduct, in love, in faith, in purity. Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching.*

—1 Timothy 4:7-13

***Have nothing to do with irreverent, silly myths.***

**How to Change Your Expectations:**

**1. Place societal expectations on the back burner (make it a low priority).**

**1 Timothy 4:12 says this:**

*Let no one despise you for your youth...*

**Although people would despise Timothy for his youth, Paul told Timothy to put those expectations on the back burner.**

**In 2 Corinthians 10:10 it says:**

*For some say, His letters are weighty and forceful, but in person he is unimpressive and his speaking amounts to nothing.*

**You do not have to accept the unrealistic expectations society places on you.**

*So God created mankind in his own image, in the image of God he created them; male and female he created them.*

—Genesis 1:27

*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

—Psalm 139:13-14

**2. Put God's expectations on the front burner.**

**In Acts 16, Luke writes:**

*Paul came also to Derbe and to Lystra. A disciple was there, named Timothy, the son of a Jewish woman who was a believer, but his father was a Greek. He was well spoken of by the brothers at Lystra and Iconium. Paul wanted Timothy to accompany him, and he took him...*

—Acts 16:1-3

**Timothy did not allow his youth or his comfort at home, to stop him from fulfilling God's expectations for his life.**

**1 Timothy 4:7-8 says:**

*... Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.*

**Spend time with God to understand the expectations for your life.**

**3. You have to put in the work**

**James says in chapter 2, verse 17:**

*So also faith alone without works is dead.*

**In Paul's letter to Timothy, that we have been reading today, there is evidence of how important work is throughout the passage of Scripture.**

*For to this end we **toil** and **strive**, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.*

***Command** and **teach** these things. Let no one despise you for your youth, but set the believers an example in **speech**, in **conduct**, in **love**, in **faith**, in **purity**. Until I come, **devote** yourself to the public **reading** of Scripture, to **exhortation**, to **teaching**. (emphasis added)*

—1 Timothy 4:10-13

**By Timothy putting in the work, there would be less room**

**for Timothy to make mistakes and his trust would strengthen with those around him.**

*Let no one despise you for your youth, but set the believers an example in **speech**, in **conduct**, in **love**, in **faith**, in **purity**. (emphasis added)*

**Which one of these virtues do you need to work on? Speech, conduct, love, faith, or purity?**

**Thomas Edison writes:**

*Show me a thoroughly satisfied man and I will show you a failure.*

**Jesus changed the societal expectations of Himself. He put God first. And He worked.**

**Life Application Questions:**

- 1. What are the “supposed to’s” in your life and how can you put them on the back burner?**
- 2. What do you think God’s expectations for your life are? How can you find out?**
- 3. What is a practical step that you can take, to work on the expectations God wants for you?**

**Choose one:**

- (a) My speech**
- (b) My conduct**
- (c) My love**
- (d) My faith**
- (e) My purity**

**YouVersion Bible Plan to use this week to discover God’s Will for your life:**

**[5 Days - God’s Purpose For Your Life](#)**