

THE COURAGE TO CONNECT

The Inspired Podcast Companion Guide

EPISODE 3— RELEASING EXPECTATIONS

We were created for connection and yet, deep community can feel surprisingly hard to find. Throughout this season of the Inspired Podcast, we are going to get honest about the barriers that keep us from the relationships we crave. Together, we'll explore what Scripture says about God's design for community and discover what it looks like to overcome these obstacles and courageously move toward one another.

Our hope is that this guide will help you take the discussion away from the table and make it real for you by studying scripture for yourself and applying what we're learning to your own friendships.

This week we talked about expectations being a big barrier to friendships. We explored the expectations we place on others, those we carry of ourselves and how they can burden the relationships we want to develop.

READ - *Scripture for the week*

- Psalm 23:1
- Psalm 27:10
- Philippians 2:1-5
- Colossians 3:12-14
- Hebrews 13:5b

CONNECT - *Your courageous step*

This week, as you interact with people, ask yourself what your expectations are of that person. Notice who you have the most expectations of, as well as the least. Ask yourself if your expectations are being met. If not, know that God has all you need.

REFLECT - *Questions to ponder*

- How have different seasons of life changed your capacity for friendship? How has that affected you?
- Read Psalm 23:1. What is "all I need" for you? How are you expecting your friends to meet those needs? What does it look like for you to go to God to meet those needs?
- Think about a friendship where you've felt disappointed. Were you disappointed because they weren't being a good friend? Or because they weren't being the kind of friend you expected them to be?
- What do you feel when you think you haven't met someone's expectations? Why do you think you feel that way?