

Oakley Campus | Week at a Glance | Nov 9-Nov 15

Regular Sunday Service Times: 8:40, 9:50, and 11 AM

- **Watch Online:** at laurelridgechurch.org/watch
- **Nursery/Preschool:** At all service times
- **Kids Church (K-6th) Services:** At all service times
- **THE RIDGE (MS and HS) (7-8th grades, 9-12th grades) Community Group:** Now at all service times.
- **Wednesdays, Kids and Preteen Adventure**
(K-4th grades, 5-6th grades) 6:15-8:00 PM
- **Wednesdays, THE RIDGE (MS and HS)**
(7-8th grades, 9-12th grades) 6:15-8:00 PM
- **Tuesdays: Celebrate Recovery:** 6:00 PM, Oakley Campus
- **Thursdays Prayer Team:** 5:30 PM, Room 104
- **Thursdays, Grief Share:** 7:00 PM, Room 301

For other opportunities and Community Group info, visit laurelridgechurch.org

Oakley Campus Planner

11/9-11/17: Operation Christmas Child Shoe Boxes

11/9-23: Angel Tree

***11/9:** Growth Pathway- 9-10:45 am. Rm 301
2nd Base, Developing Daily Habits with Jesus

11/9: Fall Quarter Community Groups End

11/10: Mommy Meet Up, 9am, Gym

***11/10:** DivorceCare "Surviving The Holidays."
6:30-8:30PM, South Gym.

11/11: Veterans Day (Office Closed)

11/13: GriefShare Surviving the Holidays Seminar
7-8:30pm, Rm 301

***11/14:** Youth Lock-In, 7pm-7am

11/16: Baptism Sunday, 11am

***11/16:** Growth Pathway- 9-10:45 am. Rm 301
3rd Base, Living Faithfully for Jesus

11/18: SALT 60+Thanksgiving, 11:30am, Gym

***11/23:** Growth Pathway- 9-10:45 am. Rm 301
Home Base, Sharing Jesus with confidence

11/25-28: Office Closed for Thanksgiving

11/26: No K-12 Wednesday Evening Programs

11/27: Thanksgiving Day

11/30-12/21: One Warm Coat Drive

***12/6:** Women's Christmas with the Collective, 1-3pm

***11/11/2026:** Summer Camps \$100 First Deposit Due,
2-6th & 7-12th Gr

***1/25/2026:** Winter Camp, 7/12th Gr, \$100 Deposit Due,
Camp dates: 2/20-22, \$289

***6/28-7/3:** Kids Camp, 2-6th Gr, Camp Sugar Pine, \$499

***7/6-7/11:** CentriFuge, 7-12th Gr, Jenness Park, \$499

Laurel Ridge Church: Seek God. Build Community. Unleash Compassion.



WHAT CAUSES HURTS IN RELATIONSHIPS
Not Knowing My Expectations
November 9, 2025

ex-pec-ta-tion: a strong belief that something will happen or be the case in the future.

- What happens when _____ doesn't meet _____ in our relationships?

Matthew 22:37-39 - Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: 'Love your neighbor as yourself.'

- The mark of a growing Christ-follower is a deepening love for God AND love for people.

1. What are unhealthy expectations?

A. _____: We don't even know we had them.

B. _____: They are not grounded in reality.

C. _____: We might be aware of the expectations, the other person isn't.

D. _____: Because you said it, doesn't mean they agreed.

- Anger comes from three basic areas: hurt, fear, and frustration.

So, what can we do?

2. How can we move toward emotionally _____ relationships?

A. Stop _____

Proverbs 18:2- A **fool** finds no pleasure in understanding but delights in airing his own opinions.

Proverbs 18:15- The heart of the **discerning** acquires knowledge; the ears of the **wise** seek it out.

B. Stop making _____

Matthew 7:1-3- "Do not judge, or you too will be judged. ² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. ³ "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

C. Start having _____

Proverbs 18:15- The heart of the discerning acquires knowledge; the **ears** of the wise seek it out.

Ask questions like:

- "Can you tell me more about that?"
- "Can you explain what you mean by that?"
- "I think you think _____, is that true?"

D. Start clarifying _____

- _____: Understand that I have an expectation.
- _____: Is there evidence to support that my expectation is reasonable?
- _____: Have I taken responsibility for clearly stating the expectation out loud in words?
- _____: For an expectation to be healthy, both people have to agree to it.

➤ Key part of understanding relationships:

It takes both _____ and _____ to have a healthy relationship.

Romans 5:5- And hope does not disappoint us, **because God has poured out his love into our hearts** by the Holy Spirit, whom he has given us.

Next Step: Who do you need to have a conversation with TODAY?

Free Wi-Fi: LRCC-GuestWifi Password: lrccguest

Five Easy Ways to Give:

1. In Person: Place your offering in an offering box at either exit.
2. Our App: Search for "Laurel Ridge Community Church" on iOS and Android.
3. Online: laurelridgechurch.org/give
4. Bill Pay: Setup LRCC on your bank's Bill Pay. Your name is your account number.
5. Mail a check to the church: 2459 Laurel Road, Oakley, CA 94561

Questions? Call 925-625-9500