

PEOPLE AND RELATIONSHIPS

Knowing Your Expectations

5-1-22

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 _____ 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?