

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

- A. Review your class notes from Tuesday.

- Take some time to think about the main ideas of the lesson. Find the audio message on our website under the Resources tab. (www.DivineDesignDiscipleship.com).
- Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.

- B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

III. SING

Singing is helpful in connecting emotionally to the truth.

Listen to the songs from this week's playlist to aid you in taking today's principles from your head to your heart.

This playlist and our master playlist for the Expectations series can be found on our Divine Design Discipleship YouTube channel. (Be sure to subscribe to our channel!) Our 2020 playlist is also available on Spotify. See the handout provided with your notebook for instructions on how to access these resources.

IV. PRINCIPLES

These principles will help you recognize and develop biblical expectations:

A. DIFFERENCES: VERTICAL vs. HORIZONTAL

- We've discovered in our study that God meets all our expectations perfectly – that is, if they are true, biblical expectations of Him: 2 Sam 22:31 NLT-- God's way is perfect. All the Lord's promises prove true.
- The primary vertical expectation God has of His people is that we believe Him: Jn 6:29 AMP-- This is the work (service) that God asks of you: that you believe in the One Whom He has sent [that you cleave to, trust, rely on, and have faith in Him].
- In our horizontal relationships, His expectation of us is also singular: Luke 13:34 NLT-- I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other.
- Even in the healthiest of horizontal, human relationships, the people in our lives will inevitably fail to meet our expectations: Mt 26:41-- The spirit indeed *is* willing, but the flesh *is* weak.
- Expecting another person to fulfill all of our hopes and desires is unfair and unrealistic: Ps 146:3 MSG—Don't put your life in the hands of experts...mere humans don't have what it takes...Instead, get help from the God of Jacob, put your hope in God and know real blessing!
- We must align our expectations of people with the truth that only God is able to fulfill our deepest hopes and desires: Ps 39:7 AMP--- Lord, what do I wait for *and* expect? My hope *and* expectation are in You.
- When we expect other people to meet our needs, we sin against God and the people involved (including ourselves!): Jer 2:13 AMP-- For My people have committed two evils: They have abandoned (rejected) Me, the fountain of living water, and they have carved out their own cisterns, broken cisterns that cannot hold water.
- Unrealistic expectations create much strain in a relationship:

**EXPECTATION OF ANOTHER PERSON
-- REALITY

TENSION OF UNMET EXPECTATIONS**

- Unless understood and dealt with appropriately, unmet expectations can lead a relationship into unhealthy demands, entitlement, strife, and loss of trust.
- Insights:

B. DIFFERENCES: TYPES OF RELATIONSHIP

- Each type of horizontal relationships has its own basis, role and limitations. It's important to understand this so that we are able to have realistic expectations.
- The Gospels show us that Jesus related to people in a variety of ways based on the nature of the relationship: Jn 13:14-29 NIV-- Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. ¹⁵ I have set you an example

that you should do as I have done for you. ¹⁶Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷Now that you know these things, you will be blessed if you do them. ¹⁸"I am not referring to all of you; I know those I have chosen. But this is to fulfill this passage of Scripture: 'He who shared my bread has turned against me. ¹⁹"I am telling you now before it happens, so that when it does happen you will believe that I am who I am. ²⁰Very truly I tell you, whoever accepts anyone I send accepts me; and whoever accepts me accepts the one who sent me." ²¹After he had said this, Jesus was troubled in spirit and testified, "Very truly I tell you, one of you is going to betray me." ²²His disciples stared at one another, at a loss to know which of them he meant. ²³One of them, the disciple whom Jesus loved, was reclining next to him. ²⁴Simon Peter motioned to this disciple and said, "Ask him which one he means." ²⁵Leaning back against Jesus, he asked him, "Lord, who is it?" ²⁶Jesus answered, "It is the one to whom I will give this piece of bread when I have dipped it in the dish." Then, dipping the piece of bread, he gave it to Judas, the son of Simon Iscariot. ²⁷As soon as Judas took the bread, Satan entered into him. So Jesus told him, "What you are about to do, do quickly." ²⁸But no one at the meal understood why Jesus said this to him. ²⁹Since Judas had charge of the money.

- We see these 4 categories of relationship in the this passage from the Upper Room and in the chapter that precedes it:
 1. Closest
 - This group of relationships is the smallest and most select, your inner circle.
 - Your closest relationships are characterized by the greatest trust and intimacy, the most reciprocity, and probably the fewest boundaries.
 - The New Testament makes it evident that Peter, James and John were in the inner circle of Jesus. Notice the intimacy and trust Jesus had with John in verses 25-26.
 - Relational closeness is determined by the person with the lesser desire or aptitude for intimacy. This can change or grow over time.
 2. Close
 - These relationships have relatively high proximity, trust, and intimacy.
 - Expect more limits and lower reciprocity here. In verse 16, Jesus relates to the disciples as their leader, a relationship where more is expected of Him than of them.
 - In close relationships, both parties share thoughts, feelings, and circumstances as Jesus did with the Twelve. (13:21-22)
 3. Casual
 - This is the largest group of people in our lives and is the most diverse. It can include people that are mere acquaintances and those we know better but see infrequently.
 - Though there are definite limits, there can be authentic caring in these relationships.
 - They are based upon mutual interests, activities, or ability to benefit one another.
 - Just before the Upper Room account, Jesus interacts with Mary and Martha (close friends) as well as the crowds that followed His ministry (casual): [Jn 12:17-18 NIV](#)--Now the crowd that was with him when he called Lazarus from the tomb and raised him from the dead continued to spread the word. Many people, because they had heard that he had performed this sign, went out to meet him.
 - Examples in modern day life include a fellow church member, our counselor or neighbor, our child's coach, the cashier or accountant.
 4. Clashing
 - Clashing relationships occur for a variety of reasons such as competition, incompatible interests or breaches of trust.

- These relationships are characterized by envy, fear, jealousy, and contempt. The parties involved may overtly or covertly attempt to undermine or attack each other.
- Within his close relationships Jesus experienced Judas changing from trusted treasurer to traitor. Scripture is clear that His true adversary was Satan. (13:27)
- Understanding the different varieties of connection is not meant to judge people or limit where a relationship can go. It gives us a framework for healthy expectations.
- Insights:

C. DIFFERENCES: PERSONAL VALUES

- We all come to our relationships with some basic hopes and expectations. It's important to examine what we value most in a relationship.
- It's not possible to adjust or express our expectations if we aren't aware of what we want and which of those things we prefer most strongly.
- Some of the most highly sought out expectations in horizontal relationships include:

1. Love	7. Time
2. Being liked	8. Respect
3. Appreciation	9. Like-minded faith
4. Acceptance	10. Loyalty
5. Trust	11. Honesty
6. Vulnerability	12. Other!
- *Do you know what you value most in a person? Take time this week to list the 5 things you hope for most in a relationship:*

- That very same night in the Upper Room, Jesus tells us what He wants and what brings Him closer in a relationship: Jn 14:21 NLT—Those who accept my commandments and obey them are the ones who love me. And because they love me, my Father will love them. And I will love them and reveal myself to each of them
- Insights:

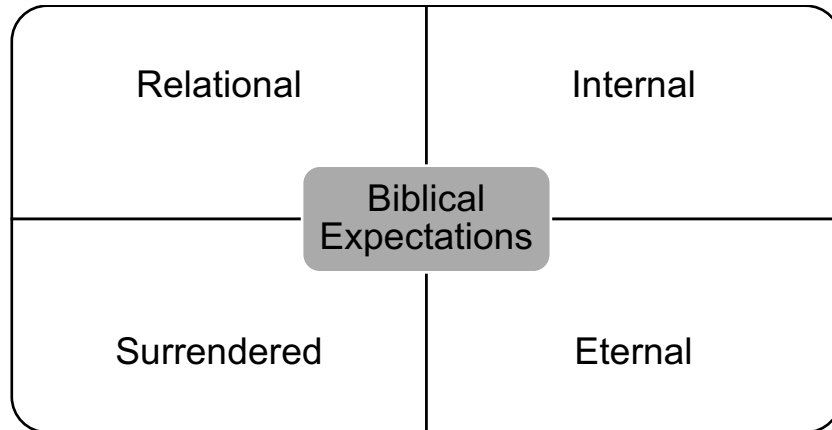
D. DIFFERENCES: INDIVIDUAL VARIANCES

- Because we are all unique, expect some differences that will impact the relationship. If the differences are great, there's a higher likelihood of unmet expectations.

- It's tempting to judge differences. This only sets us up for relational stress: Mt 7:1 JBP-- Don't criticize people, and you will not be criticized. For you will be judged by the way you criticize others, and the measure you give will be the measure you receive.
- Taking variations into account will help us to maintain reasonable expectations:
 1. Strengths
 - Our expectations should take into account the gift mix of others.
 - Let's learn to make room for the strengths of others – they can help us. We can adjust our expectations of those who are weaker in a given situation. (1 Cor 8:10-11)
 - Rom 12:6 NLT-- In his grace, God has given us different gifts for doing certain things well.
 2. Temperaments
 - People are predisposed to a certain way of approaching life. Expect to find a wide range of traits among the way others think, feel, and relate and make allowances accordingly.
 - 2 Cor 10:7-- Do you look at things according to the outward appearance? If anyone is convinced in himself that he is Christ's, let him again consider this in himself, that just as he *is* Christ's, even so we *are* Christ's.
 3. Maturity
 - We can expect people to relate in a way that is consistent with their maturity.
 - Maturity is determined by the degree of understanding one has about life or some particular aspect of living. Maturity can grow with time and experience.
 - Luke 2:52-- Jesus increased in wisdom and in stature and in favor with God and man.
 4. Background
 - We all see things through the lens of our life experience to date. This is especially true about the environment and events that happened in our formative years.
 - "The different facets of relationships are powerfully influenced by the family of origin. Attachment, communication, trust, and security are all implicated in the way you observed these things as a child...Although many of these issues can be remediated, this is done through conscious, intentional *un*learning of habits and tendencies, and does not usually happen as an organic pattern of growth." (Corrina Horne)
 - Pr 10:15 MSG-- The wealth of the rich is their security; the poverty of the indigent is their ruin.
- God designed each person uniquely for the purpose of enriching our lives. We can learn to enjoy and benefit from the differences! 1 Cor 12:24-26 JBP-- God has harmonized the whole body by giving importance of function to the parts which lack apparent importance, that the body should work together as a whole with all the members in sympathetic relationship with one another. So it happens that if one member suffers all the other members suffer with it, and if one member is honored all the members share a common joy
- 1 Jn 4:7 TV-- My loved ones, let us devote ourselves to loving one another. Love comes straight from God, and everyone who loves is born of God and truly knows God.
- Insights:

II. CONTINUE TO PRACTICE

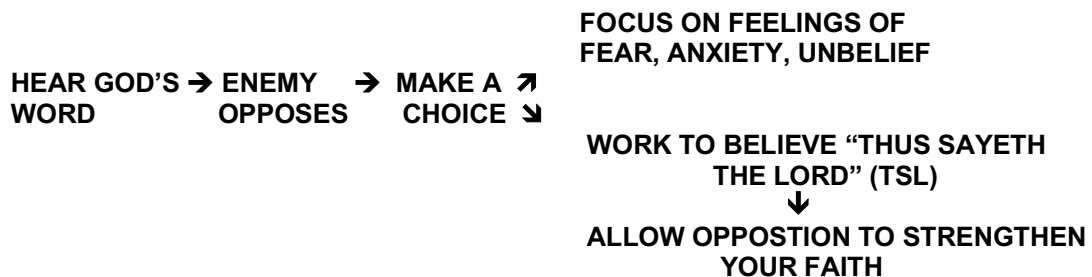
- Study “Tools & Techniques: Supplication” to help you develop a robust prayer life.
- Use the handout “Tools & Techniques: Be Renewed” to recalibrate your expectations.
- Refer to “Tools & Techniques: Listening to God” to help you grow in intimacy in your relationship with the Lord and find biblical guidance for this important practice.
- The whole truth about any topic or situation is multifaceted. We must ask the Holy Spirit to bring understanding about all the elements and to aid us in balancing them:



- With these mindsets as our starting point, we can expect to R.I.S.E. above our circumstances as we deeply know the truth and are set free:

R.	I.	S.	E.
Relational	Internal	Surrendered	Eternal

- Pay attention to what God *is doing* while you are waiting on Him to do the thing you want most. Praise Him for the promises He has given and don't forget to ask for patience!
- When we feel empty and unsatisfied, it's time to check in on our deepest core needs. *What other source are we expecting to fill those needs? Where are we relationally with the Lord?*
- Be honest with God. Journal about your feelings with “Tools & Techniques: I Feel But God Says.” Then search out Scriptures that offer you accurate expectations instead.
- Refer to this continuum to help you make a choice whenever storms threaten your peace:



- Use the handout “Tools & Techniques: Spiritual Blessings” to help you connect to the wonderful things you can expect from God as He does His internal work in you.
- Developing a relational mindset could be depicted this way:

EXTEND FAITH INCREMENTALLY	→ GOD PROVES TRUSTWORTHY	→ DEVELOP CONFIDENT & ACCURATE EXPECTATIONS IN GOD
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