

- 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. FRUITFUL RELATIONSHIPS

- Developing biblical expectations for our relationships with people starts with the firm foundation of our vertical relationship with the Lord:

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

- These same R.I.S.E. expectations that bring personal transformation in our connection with God will foster transformation in our horizontal relationships, too.
- Jesus gives us an illustration of the environment needed for promoting health and growth in our individual lives and in our relationships: Luke 13:6-9-- He also spoke this parable: "A certain *man* had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. ⁷ Then he said to the keeper of his vineyard, 'Look, for three years I have come seeking fruit on this fig tree and find none. Cut it down; why does it use up the ground?' ⁸ But he answered and said to him, 'Sir, let it alone this year also, until I dig around it and fertilize *it*. ⁹ And if it bears fruit, *well*. But if not, after that you can cut it down.' "
- Jesus uses this parable to highlight the fruitless lives of religious people. They were law-abiding with lots of good works but lacking in what God really expected of them: Lev 19:18--You shall love your neighbor as yourself: I *am* the LORD.
- He is teaching us that there are several key requirements for growing the fruit of love in our lives. We need the right environment, special care and adequate time.
- Henry Cloud identified God's formula for growth from this passage:

GRACE + TRUTH + TIME = GROWTH

- We can apply this formula to our relationships with others. We can expect those relationships to be transformed as we are personally transformed.
- Insights:

B. GRACE AND TRUST

- The environment of Grace is one built on love and trust. We grow in relationship when we don't have to earn someone's love.
- Grace provides us with the security we need to risk bringing our true selves because we trust the other person to have our best interests at heart.
- We are free to fail and be forgiven where there's Grace. This kind of safety gives us the confidence we need to commit to the transformation process.
- Jesus provided this kind of setting for people. He centered His life and ministry on Grace-filled relationships where He invited others to trust and be "with Him."^(Mk 3:14)
- Trust is necessary for transformative, fruitful relationships with God and others.
- One Hebrew word for trust is *batach*, which literally means "careless."

- “When you trust...you feel so safe that you are careless—or free of concern—with him or her. You don’t have to hide who you are or be self-protective. (John Townsend)
- Loving others with God’s love allows fears to diminish and trust to grow.
- “Trust is a choice to be available, vulnerable and transparent in a relationship, because the person you’re trusting has proven worthy of your partnership through consistency in their honesty, integrity and dependability.” (Dave Willis)
- Unlike love, the Bible tells us that trust is to be earned: 1 Cor 4:2 NIV--It is required that those who have been given a trust must prove faithful.
- We have more freedom to trust others when our expectations are fixed on trusting God’s unchanging love and sovereignty: Ps 27:1-- The Lord *is* my light and my salvation; whom shall I fear? The Lord *is* the strength of my life; of whom shall I be afraid?
- Even with our ultimate trust placed in God, patience and caution are needed as we build trust with others: Mt 12:33 GNT--To have good fruit you must have a healthy tree; if you have a poor tree, you will have bad fruit. A tree is known by the kind of fruit it bears.
- Jesus warns His trusting followers to beware of untrustworthy people with selfish or evil motives: Mt 10:16 JBP-- Be as wise as serpents and yet as harmless as doves. But be on your guard against men.
- Even people who are trustworthy in one area may not be trustworthy in other areas. We set ourselves up for disappointment when we extend trust across the board.
- We will inevitably be hurt and will hurt others as we relate to them. When we feel that trust has been broken, remember to take these principles into account:
 - Humans are fallible and everyone will fall short of our highest expectations: Eccl 7:20 NLT-- Not a single person on earth is always good and never sins.
 - We cannot expect a person to be there for us in a way that only God can be: Ps 118:8-- It is better to trust in the Lord than to put confidence in man.
 - Previous experiences of hurt and betrayal keep us from having true, biblical expectations for love and trust: 1 Cor 13:7 AMP-- Love bears all things [regardless of what comes], believes all things [looking for the best in each one], hopes all things [remaining steadfast during difficult times], endures all things [without weakening].
- Our Vinedresser uses relationships to make us fruitful as we learn to extend Grace to one another: Gal 5:22-23 NLT—The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
- Insights:

C. TRUTH AND LOVE

- For our relationships to be life giving and fruitful, we need more than safety and love. We need the truth if we expect personal and relational growth: Eph 4:15 MSG-- God wants us to grow up, to know the whole truth and tell it in love—like Christ in everything.
- It’s in the context of safe community that we are able to receive truth. We are more willing to listen to trustworthy people we respect and who know and love us well.

- Truth and integrity are evidenced when a person's lifestyle consistently aligns with their values and words: Eph 5:15-17 TV—Be careful how you live; *be mindful of your steps*. Don't run around like idiots *as the rest of the world does*. Instead, walk as the wise! Make the most of every *living and breathing* moment because these are evil times. So understand *and be confident in* God's will, and don't live thoughtlessly.
 - Relationships with honest people are so beneficial! Let's value them and welcome the truth they bring: Ps 141:5 AMP-- Let the righteous [thoughtfully] strike (correct) me—it is a kindness [done to encourage my spiritual maturity]. It is [the choicest anointing] oil on the head; Let my head not refuse [to accept and acknowledge and learn from] it
 - People who are honest when it's awkward or hard are people we can trust. They display love by admitting personal shortcomings and forgiving the failures of others.
 - Truthful people are careful with their words. They take their commitments seriously, keeping their word even when it's costly: James 5:12 NLT--If you mean yes, say yes. If you mean no, say no. You will be guilty for saying anything more.
 - Avoid flattery, exaggeration, sugarcoating, and "white lies." They will undermine trust in a relationship: Ps 12:2 AMP-- To his neighbor each one speaks words without use *or worth or truth*; with flattering lips and double heart [deceitfully] they speak.
 - LISTENING EXERCISE: *Are there any relationships or relational dynamics in my life where truth is lacking? Show me how to how to speak and act with integrity:*
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- We must seek out and prioritize relationships and communities where trust and truth are central: Heb 10:24-25 AMP-- Let us consider *and* give attentive, continuous care to watching over one another, studying how we may stir up (stimulate and incite) to love *and* helpful deeds *and* noble activities, not forsaking *or* neglecting to assemble together [as believers], as is the habit of some people, but admonishing (warning, urging, and encouraging) one another, and all the more faithfully as you see the day approaching.
 - Insights:

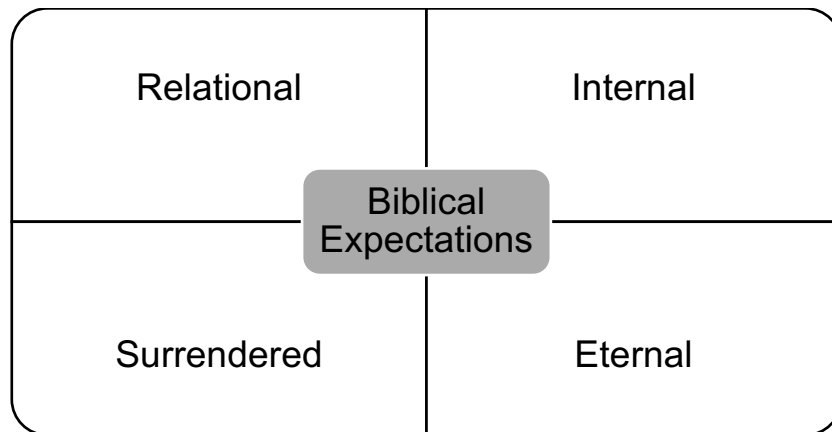
D. TIME

- We must not allow painful relational dynamics to convince us to give up on people or to avoid trusting again. Instead, let's use the pain to adjust our expectations.
- Expectations are inextricably linked to time, process, and waiting!
- We see in the parable of the unfruitful tree that the Vinedresser is patiently committed to bringing forth good fruit in his garden.

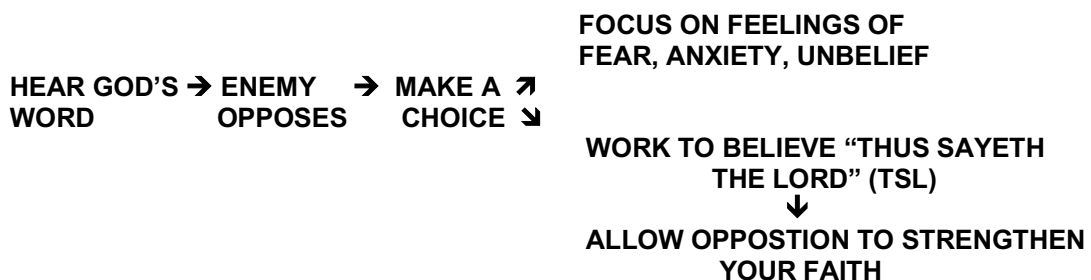
- Jesus is telling us in this passage that we can hope for transformation if we are willing to wait for His work to bring forth fruit: Gal 6:7-9 NLT-- You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.
- Let's commit ourselves to receiving the grace, safety, love, and truth we need from time in His presence, aligning with His Word, and conversation with Him in prayer: Jn 15:7-8 AMP-- If you remain in Me and My words remain in you [that is, if we are vitally united and My message lives in your heart], ask whatever you wish and it will be done for you. My Father is glorified *and* honored by this, when you bear much fruit, and prove yourselves to be My [true] disciples.
- This process bears the fruit of trusting God as our primary hope of good, plus finding delight and appreciation for our people: Ps 16:2-4 NLT-- I said to the Lord, "You are my Master! Every good thing I have comes from you." The godly people in the land are my true heroes! I take pleasure in them! Troubles multiply for those who chase after other gods.
- Leaning on God and learning appropriate expectations of people brings greater freedom to wait patiently and tend the garden of our horizontal relationships with hope: Rom 8:24-29 MSG--Waiting does not diminish us, any more than waiting diminishes a pregnant mother. We are enlarged in the waiting. We, of course, don't see what is enlarging us. But the longer we wait, the larger we become, and the more joyful our expectancy. Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good. God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son.
- Insights:

II. CONTINUE TO PRACTICE

- For more principles on forgiveness and reconciliation, study “Tools & Techniques: Reconciling Relational Differences.”
- “Tools & Techniques: Supplication” will aid you in developing 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:



- 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:

