

- 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](http://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. APPROACHING STORMS

- *Why did Jesus lead the disciples into a storm?*
- Jesus teaches us to expect the unexpected as we follow Him: Jn 3:8 AMP-- The wind blows where it wishes and you hear its sound, but you do not know where it is coming from and where it is going; so it is with everyone who is born of the Spirit.
- Looking at the context of this storm may offer some additional insights as to His purposes.
- Jesus had just been teaching large crowds and used many parables to do so. (Mk 4:1-2)
- He debriefed His disciples and explained the meaning of the words He shared. (Mk 4:34)
- After a full day of sitting at Jesus' feet and listening to His words, He gave the instruction that led them into the storm: Mk 4:35-41 NLT-- As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." <sup>36</sup> So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). <sup>37</sup> But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. <sup>38</sup> Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?" <sup>39</sup> When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. <sup>40</sup> Then he asked them, "Why are you afraid? Do you still have no faith?" <sup>41</sup> The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"
- Jesus told them in advance to expect ("Let's go to the other side.") Whenever God's word is sown, it will be met with opposition. (Mk 4:14-19)
- In this particular instance, the enemy used a violent wind and waves to come against the word of the Lord that had gone forth.
- God's purpose is that His words penetrate deeply and bear fruit: Mk 4:20 NLT-- The seed that fell on good soil represents those who hear and accept God's word and produce a harvest of thirty, sixty, or even a hundred times as much as had been planted!"
- This experience demonstrates the need to stand guard over the word sown into our lives. The disciples were quick to forget and weak in faith.
- Insights:

### B. UNDERSTANDING STORMS

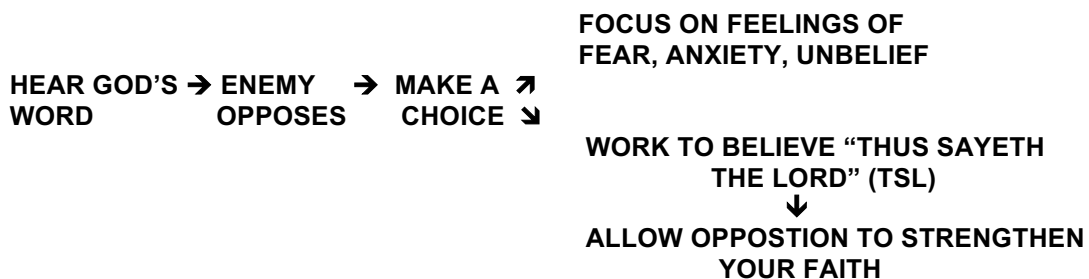
- The storm the disciples faced serves as a metaphor for our internal and external climate.
- We need hearts and minds that maintain an environment of expectant faith in any weather!
- The nature of storms can be seen in this Scriptural account. They are multifaceted:

1. Spiritual

- We've already seen that the enemy was coming against the words Jesus had spoken.
- Jesus' expectation of a safe arrival was so solid that He was sound asleep.
- When the disciples woke Him up, He "rebuked" the wind and waves. This is the same word that was used when He cast our demons. (Strong's G2008, Mt 17:18)
- The disciples allowed the enemy to render the words Jesus had spoken to them ineffective in the face of adverse circumstances.
- We brave storms by faith in the principles, promises, and prophecies God speaks: 1 Tim 1:18 MSG-- The prophetic word that was directed to you prepared us for this...so you will do this well, fearless in your struggle, keeping a firm grip on your faith and on yourself. After all, this is a fight we're in.
- The disciples were armed with Jesus' command directing them to go to the other side. Intrinsic in His instruction was the promise that they would indeed arrive alive!

2. Emotional

- Jesus asked them why they were afraid. (v. 40) That is a good thing for us to do as well.
- Some of the disciples had plenty of experience with storms. They knew that being in a boat that was taking on water presented a serious threat to their safety.
- It's also possible they had witnessed injury or death that resulted from such a storm. This kind of experience can be traumatic and increase a person's vulnerability to fear.
- Whenever we perceive a risk to our future, our "lizard brains" respond with the release of neurotransmitters signaling fear and the need for quick action.
- "We all can make a choice, a choice as to whether we are going to give in to the primitive urges and desires of our reptilian brain." (Andrew Budson, *Psychology Today*)
- The disciples had a choice and so do we whenever storms threaten our peace:



- The disciples trusted their feelings of fear more than they trusted Jesus and His promise.
- Their tumultuous emotions were able to introduce doubt about His love for them. (v. 38)

### 3. Situational

- Another important question to ask in a stormy situation is, “Where is your faith?” (v. 40)
  - Surely the disciples believed all the words Jesus spoke at some level. However, they hadn’t had a chance to “put them into practice” in real life until the storm arrived.
  - Every volatile circumstance that we face in this life provides us with an opportunity to examine our expectations. We can observe if we remain secure or get shaky.
  - Shaky ground indicates misplaced faith. Storms reveal faulty expectations and a chance to adjust them so that “the things which cannot be shaken may remain.” (Heb 12:27)
  - When things happen beyond our control, we often default to our 5 senses and trust them more than what God has said.
  - Jesus says that our lives will be stand firm when we hold the expectation that God’s word is reliable: Mt 7:24-27 MSG-- “These words I speak to you are not incidental additions to your life, homeowner improvements to your standard of living. They are foundational words, words to build a life on. If you work these words into your life, you are like a smart carpenter who built his house on solid rock. Rain poured down, the river flooded, a tornado hit—but nothing moved that house. It was fixed to the rock. But if you just use my words in Bible studies and don’t work them into your life, you are like a stupid carpenter who built his house on the sandy beach. When a storm rolled in and the waves came up, it collapsed like a house of cards.”
- Insights:

## C. OVERCOMING STORMS

- The discipleship responded to the storm with earthly solutions (vigorous rowing and bailing water). These measures alone aren’t adequate to overcome a storm of this magnitude.
- It had reached a point where the storm wasn’t just in their environment; it had altered their internal condition as well.
- We must develop Internal and Relational mindsets and practice acting out of those:
  1. Expect Storms
    - If our expectation is that storms will surely come, then we can ready ourselves in advance: Jn 16:33 AMP-- I have told you these things, so that in Me you may have [perfect] peace *and* confidence. In the world you have tribulation *and* trials *and* distress *and* frustration; but be of good cheer [take courage; be

confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]

2. Cry out to Jesus

- The disciples did exactly what we all need to do in situations too big for us – pray! (v. 38) Though theirs was a panic prayer, Jesus loved them and answered them.
- Giving voice to our thoughts and feelings is an important step. Use the handout “Tools & Techniques: I Feel But God Says” to help you process to a place of peace.

3. Stand on His Word

- We can begin to replace shaky expectations and misplaced faith with God's word: Ps 119:114 NLT-- You are my refuge and my shield; your word is my source of hope.
- Verbalize the principles and promises of God's Word. Tell them to yourself and repeat them back to God in prayer: Ps 130:5-6 NLT-- I am counting on the Lord; yes, I am counting on him. I have put my hope in his word. I long for the Lord more than sentries long for the dawn, yes, more than sentries long for the dawn.

4. Get to Know Jesus

- Getting to know Jesus will allow His internal climate to impact ours: Phil 4:6-7 NLT-- Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

- As we practice these strategies, we, too, will witness the living Jesus intervening on our behalf. Like the disciples, we will testify of the greatness of our God.
- There is no doubt that God is faithful and His word is reliable! He will be glorified as we trust Him in our storms: Jn 15:7-8 NAS-- If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit, and so prove to be My disciples.
- Insights:

## II. CONTINUE TO PRACTICE

- Get in touch with your feelings by being honest with God. Journal about your issue using the handout “Tools & Techniques: I Feel But God Says.” Take time in the coming days to search out Scriptures that offer you accurate expectations instead.
- Use the handout “Tools & Techniques: Spiritual Blessings” to help you connect to the wonderful things you can expect from God as He does internal work in you.
- As you face the unexpected and unpredictable, be on the lookout for expectations that don’t serve you well: Slavery Mindset, Entitlement Attitude, and Trust Issues.
- Ask the Holy Spirit to help you recognize your current expectations. Pray for His help as you cultivate attitudes like Moses: Humble, Relational, and an Expectation of More.
- Each step of our journey with God is intended to teach us to know and trust Him relationally. Developing a relational mindset could be depicted this way:

**EXTEND FAITH  
INCREMENTALLY**

→ **GOD PROVES  
TRUSTWORTHY**

→ **DEVELOP CONFIDENT & ACCURATE  
EXPECATIONS IN GOD**

- Keep a record of what you discover in your notebook or spiritual journal. Come back next week ready to share what you experienced!
- Feel free to reach out to the women on the DDD Leadership Team. We are available to help you with questions, applying strategies, or to pray with you. Really 😊