

- 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. REFRESHMENT

- Slumps, times of dryness or fruitlessness are indicators that we have some erroneous expectations that have come in unawares. We are not aligned with God or His word.
- In the world of technology, we hit the refresh button on a web page or reboot the computer. In our spiritual life, we need to refresh our expectations to bring them in line with God's.
- Refreshment = a recovery of breath; revival (Strong's G403)
- As finite and fallen people, we often find ourselves in need of refreshment. Our lives need to be revived and renewed on a regular basis!
- Life teaches us to look to earthly things (people, exercise, food, drink, sleep, a "break"). Some of those do provide a dose of refreshment, but it is always of a temporary nature.
- The Scriptures tell us where we can expect to experience true refreshment: Mt 11:28-29-- "Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me.
- LISTENING EXERCISE: *Where do you seek out refreshment? What are your go-to sources, ones you regularly pursue expecting to find refreshment of soul and body?*
  
- Today we will see account of Jesus bringing refreshment to Peter. It provides us with a biblical expectation for an unending source of refreshment for our own lives.
- Insights:

##### B. RESTORATION

- God has promised us abundant life. When that is not our experience, it's likely that there is Relational and/or Internal work to be done.
- In dry times, we need the Holy Spirit to come and search our hearts and minds: Ps 139:23-24 NLT--Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.
- Jesus brought restoration and refreshment to Peter by giving him a higher perspective of the betrayal between them: Jn 21:15-22-- So when they had eaten breakfast, Jesus said to Simon Peter, "Simon, *son* of Jonah, do you love Me more than these?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Feed My lambs." <sup>16</sup> He said to him

again a second time, “Simon, *son* of Jonah, do you love Me?” He said to Him, “Yes, Lord; You know that I love You.” He said to him, “Tend My sheep.” <sup>17</sup> He said to him the third time, “Simon, *son* of Jonah, do you love Me?” Peter was grieved because He said to him the third time, “Do you love Me?” And he said to Him, “Lord, You know all things; You know that I love You.” Jesus said to him, “Feed My sheep. <sup>18</sup> Most assuredly, I say to you, when you were younger, you girded yourself and walked where you wished; but when you are old, you will stretch out your hands, and another will gird you and carry *you* where you do not wish.” <sup>19</sup> This He spoke, signifying by what death he would glorify God. And when He had spoken this, He said to him, “Follow Me.” <sup>20</sup> Then Peter, turning around, saw the disciple whom Jesus loved following, who also had leaned on His breast at the supper, and said, “Lord, who is the one who betrays You?” <sup>21</sup> Peter, seeing him, said to Jesus, “But Lord, what *about* this man?” <sup>22</sup> Jesus said to him, “If I will that he remain till I come, what *is that* to you? You follow Me.”

- Jesus sought out a private conversation to deal with the broken trust. Notice the tenderness and lack of condemnation in His words. We can expect the same from Jesus.
- His appeal to Peter was Relational! Jesus knew that Peter loved Him and helped him see his new, true heart vs. the behavior based on deceit and unbelief.
- Whenever we sin and grieve His Spirit, it’s time to run to Jesus as Peter did instead of hiding from Him and allowing the distance to grow.
- Restored fellowship comes through repentance. Repentance brings refreshing! Acts 3:19 JBP-- Now you must repent and turn to God so that your sins may be wiped out, that time after time your souls may know the refreshment that comes from the presence of God.
- Repent = to change one’s mind for the better; to turn (Strong’s G3340)
- One commentator uses the syllables to help us understand what happens when we repent: “re” means to do over; “pent” means to see from the highest place (as in penthouse).
- Once we see our sin from the Lord’s perspective, we can come back into agreement and alignment with Him so that fellowship is restored: 1 Jn 1:9-- If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
- Confess = “to say the same thing as another, i.e. to agree with, assent” (Strong’s G3670)
- Peter probably went into that encounter with Jesus with a measure of uncertainty about his relationship with Jesus and his future in the Kingdom of God.
- He came away refreshed, with renewed connection and direction for the call on his life.
- Insights:

### C. ROOTS

- At the root, Peter had placed his trust and expectation in something other than the words and promises of Jesus. He wrongly put his legitimate need for safety in his own hands.
- Repentance is likened to an axe cutting down a tree at its roots. (Mt 3:10) The process of refreshment includes getting to the root of wrong expectations.

- At the very root of Peter’s denial and all of our own faulty expectations is the lie that we can have our needs met from a source other than God.
- 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?*
- God is all that we need! We can look to Him to meet and exceed our Internal expectations:
  - Love: Ps 90:14 NIV-- Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.
  - Safety: Gen 28:15 NLT-- I am with you, and I will protect you wherever you go...I will not leave you until I have finished giving you everything I have promised you.
  - Acceptance: Ps 5:12 MSG-- You’ll welcome us with open arms when we run for cover to you...You are famous, God, for welcoming God-seekers, for decking us out in delight.
  - Contribution: Pr 16:3 AMP-- Roll your works upon the Lord [commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will, and] so shall your plans be established *and* succeed.
  - Connection: Ps 63:5, 7-8 NLT-- You satisfy me more than the richest feast...7 I will praise you with songs of joy... Because you are my helper, I sing for joy in the shadow of your wings. <sup>8</sup> I cling to you; your strong right hand holds me securely.
- Any time we’ve expected a person or thing to meet our needs, we have denied the truth of God’s Word. We have been deceived and we have lied to ourselves: Ps 119:29 NLT-- Keep me from lying to myself; give me the privilege of knowing your instructions.
- Over-reactions are helpful clues to uncover misplaced expectations. Disproportionate hurt and anger are often code for unmet expectations (you should/shouldn’t, a veiled demand).
- Peter’s emotional reaction should’ve been a tipoff when tempted to deny the Lord: “But a little while before so confident; seated at the table of the Lord; distinguished throughout the ministry of Christ with special favors; cautioned against this very thing; yet so soon denying him, forgetting his promises, and profanely calling on God to witness what he knew to be false - that he did not know him! ...The danger of self-confidence. "He that thinks he stands should take heed lest he fall" (1 Cor 10:12) True Christian confidence is that which relies on God for strength, and feels safety only in the belief that he is able and willing to keep from temptation.” (Albert Barnes)
- God alone is worthy and able to fill our deepest needs and expectations. May Peter’s example (and our own experience) help us to remember the pain of denying Him this place.
- Insights:

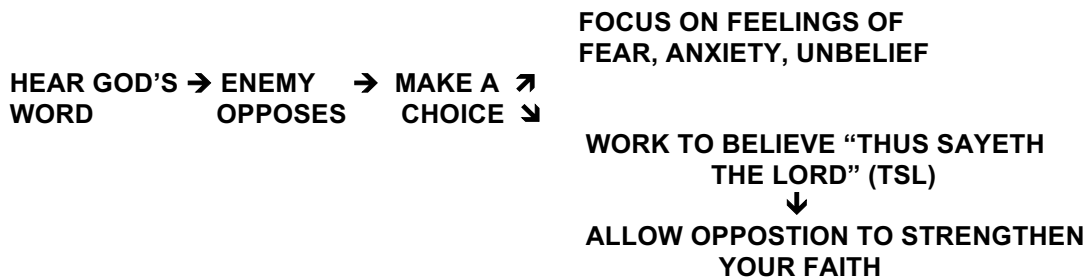
#### D. DRINK

- After identifying and receiving cleansing in an area of misplaced hope and expectation, our hearts are ready and available: Mt 12:33-34 NLT--“When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none. Then it says, ‘I will return to the person I came from.’ So it returns and finds its former home empty, swept, and in order.”

- Jesus emphatically invites us to come to Him with our thirst: Jn 7:37-38 KJV— In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.
- Thirst = “those who are said to thirst who painfully feel their want of, and eagerly long for, those things by which the soul is refreshed, supported, strengthened (Strong’s G1372)
- Belly = literally meaning “hollow or cavity.” It signifies “the innermost part of a man, the soul, heart as the seat of thought feeling, choice.” (Strong’s G2836)
- As we bring our empty, hollow places to Jesus, He pours His Spirit to fill our needs.
- Expecting God’s goodness means opening our hearts in faith to drink of His Living Water: Ps 34:8-- Oh, taste and see that the Lord *is* good; blessed *is* the man *who* trusts in Him!
- Imagine how Peter must have felt after this encounter with Jesus: forgiven, cleansed, redeemed, loved, accepted, safe, secure, reconnected, and a new sense of purpose.
- That same refreshment is available to us as we identify false expectations, repent of and confess them, and look to Jesus to meet all our deepest inner needs.
- How refreshing to find the satisfaction we’ve longed to experience! Is 58:11 NIV-- He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.
- Is 55:1-3 AMP-- Wait *and* listen, everyone who is thirsty! Come to the waters; and he who has no money, come, buy and eat! Yes, come, buy [priceless, spiritual] wine and milk without money and without price [simply for the self-surrender that accepts the blessing].<sup>2</sup> Why do you spend your money for that which is not bread, and your earnings for what does not satisfy? Hearken diligently to Me, and eat what is good, and let your soul delight itself in fatness [the profuseness of spiritual joy].<sup>3</sup> Incline your ear [submit and consent to the divine will] and come to Me; hear, and your soul will revive; and I will make an everlasting covenant *or* league with you, even the sure mercy (kindness, goodwill, and compassion) promised to David.
- Insights:

## II. CONTINUE TO PRACTICE

- Solidify your understanding of Jesus' finished work in regards to your salvation and your relationship with Him using "Tools & Techniques: God Reconciles Us."
- 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.
- 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 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:



- 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 😊