

- 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. PROBLEMS

- When problems confront us and our life seems too hard to handle, it often leads us to the question of where we stand with God. *Is He for us?*
- We lose touch with the fact that we can expect God to be there for us. Though hard to believe, this remains true even when life is problematic.
- Problems and Circumstances ≠ My Right or Wrong Standing with God
- As Joshua pondered the problem of how to defeat his opponents, he questioned what he could expect from God: Josh 5:13--When Joshua was by Jericho, that he lifted his eyes and looked, and behold, a Man stood opposite him with His sword drawn in His hand. And Joshua went to Him and said to Him, “Are You for us or for our adversaries?”
- The Lord had already answered that question. God revealed Himself to Joshua, assuring him of His presence and help: Josh 1:6-7 NLT-- No one will be able to stand against you as long as you live. For I will be with you as I was with Moses. I will not fail you or abandon you. Be strong and courageous, for you are the one who will lead these people to possess all the land I swore to their ancestors I would give them.
- The Lord was telling Joshua that he could expect His full support for the thing He had called him to do. We can appropriate this expectation for our own lives.
- We can expect God to be for us no matter what opposition we are facing.
- LISTENING EXERCISE: *If we can know that God is for us in all of life’s problems, where do you need that reassurance right now?*

- Insights:

B. PATIENCE

- David made the choice to believe the same promise that God gave Joshua despite a long series of setbacks: Ps 56:9-- This I know, that God is for me.
- David’s life was not going as he expected when he wrote Psalm 56. He initially experienced much favor after being anointed as the next king at age 15.
- God gave David a place in King Saul’s court, military victories, the love of his countrymen, and the princess as his bride.
- Soon, however, King Saul turned against David and sought to kill him: 1 Sam 18:28-29 NLT-- When Saul realized that the LORD was with David and how much his daughter Michal loved him, Saul became even more afraid of him, and he remained David’s enemy for the rest of his life.
- Despite David’s loyal service to the king, Saul was jealous of David. He did not want David to take his throne or to prevent his son Jonathan from being the next in line.
- Saul’s opposition to David was fierce and prolonged. Certainly there were times when David had to wonder if God was still on his side.

- Though God did not solve David's main problem immediately, He made it clear that He was for David. He protected and provided for him over and over.
- Here are the ways God supported David in the events surrounding Psalm 56:
 - David found favor with Jonathan who intervened to Saul: 1 Sam 19:4 NLT--Jonathan spoke with his father about David, saying many good things about him. "The king must not sin against his servant David," Jonathan said. "He's never done anything to harm you. He has always helped you in any way he could.
 - Saul's spear misses its mark: 1 Sam 19:10 NLT--Saul hurled his spear at David. But David dodged out of the way, and leaving the spear stuck in the wall, he fled and escaped into the night.
 - Michal helped David escape from her father: 1 Sam 19:12-14 NLT—[Michal], helped him climb out through a window, and he fled and escaped...¹⁴When the troops came to arrest David, she told them he was sick and couldn't get out of bed.
 - God's Spirit overcame Saul on his way to kill David: 1 Sam 19:24 NLT—[Saul] tore off his clothes and lay naked on the ground all day and all night, prophesying in the presence of Samuel.
 - Jonathan enters an eternal covenant with David of mutual love and protection: 1 Sam 20:16-17 NLT--So Jonathan made a solemn pact with David, saying, "May the Lord destroy all your enemies!"¹⁷And Jonathan made David reaffirm his vow of friendship again, for Jonathan loved David as he loved himself.
- Despite the God's repeated deliverances, David grew weary and impatient as the problems continued and the waiting grew long.
- He was afraid, alone, unarmed, and tired of all the drama. He ran from Saul to Ahimelech the priest without seeking the Lord first.
- David takes matters into his own hands and lies to the priest in order to protect himself: 1 Sam 21:2 NLT-- "The king has sent me on a private matter," David said. "He told me not to tell anyone why I am here.
- Next, David deceives the Philistines by pretending to be insane. It was odd to go to the place where he defeated Goliath carrying Goliath's sword! (1 Sam 21:10ff)
- In spite of David's impatience and sin, God did not forsake His anointed. He protected David's call and his life.
- When the waiting becomes long and doubt creeps in, may we hold fast to the expectation that God is for us and will keep His Word right on time.
- Insights:

C. PROMISE

- God's promises are powerful weapons when dealing with problems that threaten us and take us to a place of doubt. They can renew and realign our wrong expectations.
- As his difficult circumstances persisted over time, David wandered from God. He took time to consider alternative expectations before returning to a place of faith.
- He eventually decided to put the promises of God to work during these hard times. Psalm 56 shows us how he realigned his expectations with what God had said.

- David brought his problems into the light of God’s promise: Ps 56:1-4 NLT-- O God, have mercy on me, for people are hounding me. My foes attack me all day long. ² I am constantly hounded by those who slander me, and many are boldly attacking me. But when I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?
- Observe the way David doesn’t minimize or ignore his predicament. He gives voice to his what is going on inside and around him. But he doesn’t stop there.
- He renews his mind with what he has learned to be true of God even though he cannot see or feel it presently. He tells himself the truth about what to expect.
- We see in David’s processing that it sometimes takes multiple sessions of prayer and journaling to return to faith and accurate expectations: Ps 56:5-9 NLT-- They are always twisting what I say; they spend their days plotting to harm me. ⁶ They come together to spy on me—watching my every step, eager to kill me. ⁷ Don’t let them get away with their wickedness; in your anger, O God, bring them down. ⁸ You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book. ⁹ My enemies will retreat when I call to you for help. This I know: God is on my side!
- Again he airs out the facts he’s facing. However, he comes back to the greater reality of what he can expect from God – presence, compassion, power and favor.
- This strategy helped David to find the proper stance as he dealt with the tension between the promise and the present circumstances.
- Insights:

D. PRAISE

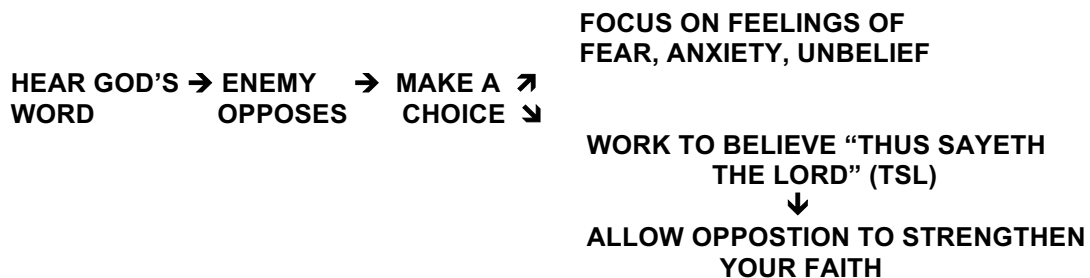
- When God’s promise seems dim and unrealistic it’s easy to choose fleshly expectations like these:
 - *“It’s never going to happen.”*
 - *“Time’s running out.”*
 - *“The obstacles are too many.”*
 - *“I missed God. He never meant that promise for me.”*
 - *“I’ve messed everything up. No way I’ll get that promise now.”*
 - *“If only I had ____.”*
- David shows us that praise is a powerful alternative to renew our hope and expectation: Ps 56:10-13 NLT-- I praise God for what he has promised; yes, I praise the Lord for what he has promised. ¹¹ I trust in God, so why should I be afraid? What can mere mortals do to me? ¹² I will fulfill my vows to you, O God, and will offer a sacrifice of thanks for your help. ¹³ For you have rescued me from death; you have kept my feet from slipping. So now I can walk in your presence, O God, in your life-giving light.
- We have a unique opportunity to offer praise and thanks to the Lord *before* He answers our prayer or performs His promise.
- He is for us in every circumstance and is indeed worthy of our praise: Ps 42:11 TV-- Why am I so overwrought, Why am I so disturbed? Why can’t I just hope in God? *Despite all my emotions, I will believe and praise the One who saves me, my God.*

- When our hearts are tired and heavy, let us strengthen ourselves in the Lord as David did by rehearsing the promises and declaring God's praise in prayer.
- Promise
 - Rom 8:31-39 NLT-- If God is for us, who can ever be against us? Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself.³⁴ Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us.³⁵ Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?³⁶ (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.")³⁷ No, despite all these things, overwhelming victory is ours through Christ, who loved us.³⁸ And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love.³⁹ No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.
- Prayer:
 - *Jesus, You are our Champion. You have won the victory. You have purchased our redemption. We are Yours.*
 - *We come boldly to Your throne in our time of need. Revive our hearts in Your presence.*
 - *We enter Your gates with thanksgiving and into Your courts with praise.*
 - *Thank you for the ways You demonstrate that You're for us -- they're too many to count.*
 - *Thank you for choosing us before time to love us and bring us into Your family.*
 - *Thank you that our position in Your heart is forever secure, that there is not one thing we can do or fail to do that will change Your love for us. You are for us!*
 - *We acknowledge, O Lord, that we fall short of Your glory. Forgive us for our unbelief, for our worrying, and for choosing to believe all the voices other than Yours alone.*
 - *Cleanse us, O Savior, by the perfect blood sacrifice You made on our behalf.*
 - *We praise You for the promise of forgiveness. We receive it now by faith.*
 - *We let go of our expectations of You based on something other than Your Word.*
 - *We break off any agreement that we have made with the opposition (name specifics here, e.g. spirits of fear, shame, rejection, jealousy, pride, etc.).*
 - *Spirit, fill us afresh with You. Pour out the River of Living Water deep within our hearts.*
 - *Touch our hearts to connect with You. Flood our eyes with light to see the truth.*
 - *We agree with the expectation that God is for us! We know that because:*
 - *The Cross has set us free from the law of sin and death.*
 - *The blood of Jesus has sprinkled our hearts clean.*
 - *Our Risen King has sealed us with His Spirit.*
 - *We have the resurrection power of Jesus living in us.*
 - *Satan and his demons have been dealt a deathblow.*
 - *Every knee will bow and every tongue will confess that Jesus is Lord.*
 - *Your goodness and mercy follows us all the days of our lives.*
 - *Our future in heaven is secure.*
 - *Lord, we give you our hearts and lives. Renew us to follow You by faith and not by sight.*
 - *We live in a dry, weary wilderness place. Yet You have promised that the wilderness will bloom, that Your people will bud and blossom and fill the earth with fruit.*
 - *Make it true of us, O Lord, for apart from You we can do nothing.*
 - *Stir up faith in our weary hearts. Rekindle the fire of our first love for You.*
 - *We declare by faith, "This I know, that God is for me!"*

- Insights:

II. CONTINUE TO PRACTICE

- Refer to “Tools & Techniques: Listening to God” to increase your faith and expectancy about God revealing Himself to you.
- Take personal time with God for Meditation then Practice the Presence during your day.
- 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?*
- 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.
- If you need shoring up on your right-standing with God based on Jesus’ finished work at the Cross, study the handout “Tools & Techniques: God Reconciles Us.”
- 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.
- 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!