

✓ Honesty

✓ Other

- Describe briefly your ideal of how you think things should be or how you'd like them to turn out. What are you hoping for or expecting the most?

- Take a few minutes to ponder what it would be like to place the weight of your expectations on God instead: Ps 62:5 AMP-- My soul, wait only upon God *and* silently submit to Him; for my hope *and* expectation are from Him.
- How would it feel to release your expectations to God? Really go there! Would you be experiencing more or less frustration, disappointment, anxiety or stress than before? Journal about this idea as you continue to pursue coming to the point of surrender:

D. RIGHTS

- When you accepted Jesus as your Savior, you gave Him your life and all your rights as well: 1 Cor 6:20 AMP-- You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own]
- You've now lost your right to hate, judge, criticize, or to exact payment for a debt or offense.
- However, as God's child, you gained the right and authority to do battle in His name. When you are subject to God and resist the devil, he must flee! (James 4:7)
- Ask the Holy Spirit to bring to your awareness any way that you are insisting on your rights in this issue. Is there anything that you feel is owed you by God or another person?

- Take a moment to acknowledge and thank the Lord for all the rights and privileges you received at salvation (e.g. forgiveness, right-standing with God, 24/7 access, inheritance):

E. DISAPPOINTMENT

- Unmet expectations result in disappointment, frustration, and other negative emotions.
- They can also trigger unresolved issues from our past. This hinders us from deeply believing God's truth and walking in freedom: Lam 3:19-20, 40-41 AMP-- [O Lord] remember [earnestly] my affliction and my misery, my wandering *and* my outcast state, the wormwood and the gall. My soul has them continually in remembrance and is bowed down within me... Let us test and examine our ways, and let us return to the Lord! Let us lift up our hearts and our hands [and then with them mount up in prayer] to God in heaven
- Sit quietly before the Lord. Ask the Holy Spirit to expose the root of the negative thoughts and feelings you've been experiencing. Wait in His presence for Him to reveal a memory, situation, word, or picture. Record it here:

- Was there a message that you came to believe?

- Pray, asking the Lord to reveal the truth instead. Write it down:

F. INGRATITUDE

- When our expectations are not met, we are likely to be lured into ingratitude. Our focus turns to what God hasn't done vs. the good things that He has and is doing.
- It's challenging to be thankful when we are disappointed and weary in the waiting. Yet God tells us to press on in prayer and to express thanksgiving to Him: 1 Thes 5:17-18 AMP-- Be unceasing in prayer [praying perseveringly]; thank [God] in everything [no matter what the circumstances may be, be thankful and give thanks], for this is the will of God for you [who are] in Christ Jesus [the Revealer and Mediator of that will].
- Have you tried giving thanks about this issue? As you turn your attention to the goodness of the Lord, expect your heart to be drawn closer to Him and your faith to begin to soar.
- Take a few moments in prayer asking the Spirit to reveal something you can be truly thankful about in this situation. What have you gained spiritually through this issue?
- Record your thoughts about these and other benefits as the Lord brings them to mind:
 - ✓ **R (relational)**
 - ✓ **I (internal)**
 - ✓ **S (surrender)**
 - ✓ **E (eternal)**
 - ✓ **Other**

G. SINFUL RESPONSE

- When in difficult circumstances, we are more easily lured into unbelief and many other ungodly mindsets and behaviors including:

Unforgiveness	Comparison	Criticism
Offense	Jealousy	Leaning on our own efforts/understanding
Doubt	Rebellion	
Fear	Bitterness	
Judgments	Grumbling	
- Allow the HS to search your heart for the specific ways that you have responded sinfully:
- Agree with Him. Ask for and receive His forgiveness: Ps 51:1-3, 7-8 NLT-- Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my

rebellion... Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me—now let me rejoice.

- Now thank the Lord for His great mercy and go forward without condemnation!
- For any unforgiveness identified, pray through it with the help of “Tools & Techniques: Choosing to Forgive.”
- Insights:

H. SURRENDER

- It's a battle to come to a place of surrender to God over an issue that is dear to our hearts.
- It is definitely worth the fight for it frees us to take hold of God's peace and promises instead: Acts 20:32 AMP-- And now [_____], I commit you to God [I deposit you in His charge, entrusting you to His protection and care]. And I commend you to the Word of His grace [to the commands and counsels and promises of His unmerited favor]. [It is] able to build [me] up and to give [me] [my] rightful inheritance among all God's set-apart ones. *(Note: personalization added)*
- Here is a sample prayer for surrender. Use this or write your own in the space provided:
*Dear God, I want to put my expectations on the altar. Help me to truly let go.
I give you _____. I recognize the truth that he/she/it belongs not to me but to You.
I surrender every thought, feeling, goal and imagination that is related to this part of my life.
I lay down all the ways I have let this person/thing define my identity. I put aside any ways in which I've knowingly or unknowingly put my security and significance in him/her/it.
Thank You that "I know the One in whom I trust, and I am sure that He is able to guard what I have entrusted to Him until the day of his return." (1 Tim 1:12)
Lord, please remind me this is now Yours when I try to regain control of this person/thing.*
- Journal your insights and prayers in the space provided:

I. RENEW YOUR MIND

- R.I.S.E. above unmet expectations by replacing them with biblical expectations instead.
- Here are some expectations that God sets forth in His Word that we've studied this year:
 - ✓ God is committed to transforming me and my relationships.
 - ✓ I can choose forgiveness in any circumstance.
 - ✓ I can choose love in every situation.
 - ✓ God answers prayer.
 - ✓ I am not alone.
 - ✓ God is at work.
 - ✓ I can choose life in every situation.
 - ✓ I am willing to follow Jesus to hard places.
 - ✓ God is my Healer.
 - ✓ God will provide for me.
 - ✓ God is for me.
 - ✓ God will reveal Himself to me.
 - ✓ God's Word is reliable.
 - ✓ God's plans are good.
 - ✓ Other
- Choose one of these biblical expectations (or others that addresses your specific issue). Use the "Belief, Blurt, Be Renewed" technique for identifying and addressing any inner objections or convictions hindering your ability to embrace this truth wholeheartedly .

BELIEF:

(Biblical Expectation)

BLURT:

(Inner Objection)

BE RENEWED:

(Scriptural alternative to blurt)

- Continue the renewal process until you're fully convinced using these strategies:
 - Reviewing the supporting Scriptures provided in this Expectations series.
 - Meditating on the verses that minister to your particular issue.
 - Singing songs that reinforce these biblical expectations, worshiping before you see it.
 - Appropriating these expectations in prayer (asking God to make it your experience).
 - Remembering that renewing our minds is a process that takes time.
 - Keeping a journal of any insights God gives you and reviewing it periodically.
- Share your progress with your group leader for additional guidance and prayer.
- Use this same worksheet to work through the other issues you listed on page 1.
- Stay in touch over the break! Reach out to your group for continued encouragement, prayer and fellowship. And your DDD leaders are always ready and willing to process and pray!