

Killer Expectations
Family: More or Less Ideal – Part 4 of 6
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Typical Unmet Expectations Emotions

- Anger
- Resentment
- Disappointment

Typical Responses to Unmet Expectations

- Lash out Verbally
- Withdraw
- Control

Set Realistic Expectations by...

- Identifying where they came from. (Proverbs 14:12)

Proverbs 14:12 (ESV)

¹² There is a way that seems right to a man,
but its end is the way to death.

Where did this expectation come from?

- Consistently reading the Bible. (Mark 1:35, Psalm 119:9-11)

Mark 1:35 (NIV 1984)

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Psalm 119:9-11

⁹ How can a young man keep his way pure? By guarding it according to your word.

¹⁰ With my whole heart I seek you; let me not wander from your commandments!

¹¹ I have stored up your word in my heart, that I might not sin against you. ESV

- Picking wise friends. (Proverbs 13:20)

Proverbs 13:20 (NIV)

²⁰ Walk with the wise and become wise,
for a companion of fools suffers harm.

Respond to unmet expectations rightly by...

- Realizing the grace God has shown you. (Romans 3:23, Ephesians 2:8-9)

Romans 3:23 (NIV 1984)

²³ for all have sinned and fall short of the glory of God,

Ephesians 2:8–9 (NIV 1984)

⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast.

- Recognizing God is still in control. (Habakkuk 3:17-19)

Habakkuk 3:17–18 (NIV 1984)

¹⁷ Though the fig tree does not bud
and there are no grapes on the vines,
though the olive crop fails
and the fields produce no food,
though there are no sheep in the pen
and no cattle in the stalls,
¹⁸ yet I will rejoice in the LORD,
I will be joyful in God my Savior.

With God's help choose to respond with grace instead of...

- Harsh words. (Proverbs 29:22)

Proverbs 29:22 (NIV 1984)

²² An angry person stirs up conflict,
and a hot-tempered person commits many sins.

- Withdrawing. (Romans 12:18)

Romans 12:18 (NIV 1984)

¹⁸ If it is possible, as far as it depends on you, live at peace with everyone.

- Trying to control. (Romans 8:28)

Romans 8:28 (NIV 1984)

²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

My Next Step today is to...

- ☐ Set realistic expectations by _____.
- ☐ Respond rightly to unmet expectations by _____.
- ☐ Respond with grace instead of _____.