



## CLARIFY EXPECTAIONS

This series will give you FIVE RELATIONAL SKILLS to put into practice in your relationships.

By the end of the series you will know how to better give love and also receive love.

You will enjoy better EMOTIONAL and RELATIONAL health.

**OPENING QUESTIONS - Use one or both of these questions to connect with others in your group:**

1. Name something that you like most about spring.
2. Think about the expectations you have for this group meeting and share one or two.

**KEY POINTS - take a minute to review the key points from this weekend's message**

1. We need God's help and guidance EMOTIONALLY and RELATIONALLY.
2. Jesus said "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" The mark of a growing follower of Jesus is both a deepening love for God and a deepening love for other people.
3. Expectations are the things we assume will come to be and many of us have experienced disappointment because of unfulfilled or unclarified expectations.
4. There are four Biblical principles that we can apply to help us experience greater levels of EMOTIONAL and RELATIONAL health and joy.

Eliminate the debt

Clothe yourselves with humility

Submit to one another

Cast your anxieties on God

**SCRIPTURES USED IN THIS MESSAGE:** Matthew 22:37-40, James 4:1-3, Romans 13:8, 1 Peter 5:5-7, Ephesians 5:21, Ephesians 5:2, Romans 5:5

## RESPOND

Talk about a thought, phrase, or moment from this weekend's message that stuck with you. Give a brief reason for why these things stuck with you.

Read aloud the verses used in the message. Take turns sharing one way that these verses make you think differently about your expectations.

There are four Biblical principles that we can apply to help us experience greater levels of EMOTIONAL and RELATIONAL health and joy.

### **1. Eliminate the debt**

Often times we approach an expectation as if that person owes me something.

You can have expectations, but you are even there is NO DEBT to pay off.

“Owe nothing to anyone—except for your obligation to love one another.” (Romans 13:8)

Share one expectation you have where you can eliminate the debt.

### **2. Clothe yourselves with humility**

Relationships will fail and die when one or both people refuse to address and talk about expectations.

“All of you, clothe yourselves with humility toward one another, because “God opposes the proud but gives grace to the humble.” (1 Peter 5:5)

Have you CLEARLY and CALMLY communicated your expectations?

### **3. Submit to one another**

it's one thing to talk about expectations but it's another thing to actually listen and respond.

“Submit to one another out of reverence for Christ.” (Ephesians 5:21)

Scripture defines submission as giving someone else value.

“Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us...” (Ephesians 5:2)

Talk about strategies to help you listen and respond.

### **4. Cast your anxieties on God**

There are going to be times and seasons where you are the only one who is meeting expectations.

“Cast all your anxiety on him because he cares for you.” (1 Peter 5:7)

Share one of your anxieties that you need to cast on God.

## **APPLY**

Take time this week to look at each of these principles. Think about how you can clarify one expectation relating to each principle. Share what you have learned with one or more of those people who may be impacted by your expectation.

## **PRAY**

Pray for each other in your group, that each of you will be able to apply at least one of these principles in their relationships this week.