

2 Primary Sources of Expectations

- Fullness
- Emptiness

Take delight in the Lord, and he will give you the desires of your heart. Psalm 37:4 NIV

Indications of Inappropriate Expectations

- Constant disappointment
- Should

How can we address this in a healthy way?

Your Father knows the things you need before you ask him. Matthew 6:8

The LORD freely gives every good thing to those who do what is right. Psalm 84:11 ERV

You are complete in Him. Colossians 2:10 NKJV

What's a sign that I am headed down the right path in dealing with my expectations?

- Gratitude is the key

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:18 NIV

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples if you love one another. John 13:34-35 NIV

...walk in the way of love, just as Christ loved us and gave himself up for us... Ephesians 5:2 NIV

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