



## TALK IT OVER

The #1 Killer of Relationships

### BOTTOM LINE

Having no expectations is a supreme level of relinquishing your life to God.

### CONVERSATION STARTER

What small, seemingly insignificant thing did your parents, or someone else say when you were a child that has stuck with you all this time? What are you most grateful for from your growing up years?

### THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

### RESOURCES

- The Daily:  
[newpointe.org/thedaily](http://newpointe.org/thedaily)
- [Andy Stanley](#) demonstrates the effect of expectations on a relationship.

### KEY VERSES AND QUOTES

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

*Your Father knows what you need before you ask him.* Matthew 6:8 NIV

*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

Constant disappointment is a sure sign that you are living with excessive expectations.

We have pictures in our minds about most everything. The trouble comes when our actual picture doesn't match the one we had in our mind. There are two primary sources: FULLNESS – the pictures that fill us. EMPTINESS – the pain of things of which we were deprived. Critical unmet needs from our past can rule and dominate our lives.

### TALK IT OVER

What expectations do you recognize in yourself? How have expectations impacted your relationships? How do expectations create a debt/debtor relationship? Gratitude replacing expectations is healthy, but it's threatening to let go of expectations. Why? What do we fear? How do expectations undermine intimacy? How do you manage your hopes and dreams in a Christ-like manner? What would this look like? How might life change?

### ACTION STEPS (This or one of your own)

I will surrender my expectations and live with gratitude in my relationships.  
I will love freely as Christ has loved me.

My Action Step: \_\_\_\_\_

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