

## Forgiveness Tool of Exposing Unrealistic Expectations

Free Yourself to  
Love Chapter 10

### ICON KEY

 Question/Discuss

 Read The Bible

 Read FYTL

 Watch the Video

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 **I used to assume that a person's propensity to offense flowed from a wounded heart. p.183**

 **Unrealistic expectations of life, family, love, career, and purpose can all be subtle preparation for offense. p. 183**

 Ps. 39:7; 73:25

 **Expectations actually exacerbate our vulnerability to offense. p. 183**

 **Our level of frustration with people's offenses is directly proportionate to our expectations of their behavior. p. 184**

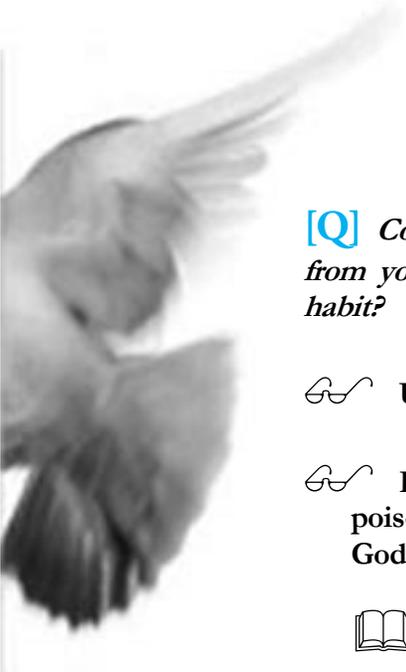
 Ps. 119:74,81

 **Life provides predictable trouble; but God provides vouchers of grace. p. 184**

 James 4:6

 "Expectations are premeditated resentment." (Job 5:2 NLT) p. 185

 **When have you connected resentment to an unmet expectation?**



**[Q]** *Consider how many offenses you have experienced this year that arose from your expectations of a loved one. How can you begin to change this habit?*

🔗 Unforgiveness is like drinking poison and hoping the rat dies. p. 185

🔗 If my expectations are linked to premeditated resentment, then I am poisoning myself when I don't immediately commit those expectations to God. p. 185



Ps. 62:5;119:147

🔗 Consider the extravagant waste of allowing resentment and bitterness to grieve the Holy Spirit. p.185



Eph. 4:30, 31

🔗 Expectations are our subtle attempt to control God and manipulate mystery. p. 186



Ps. 39:7

🔗 The principle of "If the Lord wills..." is an aid to reign in unrealistic expectations. p. 186



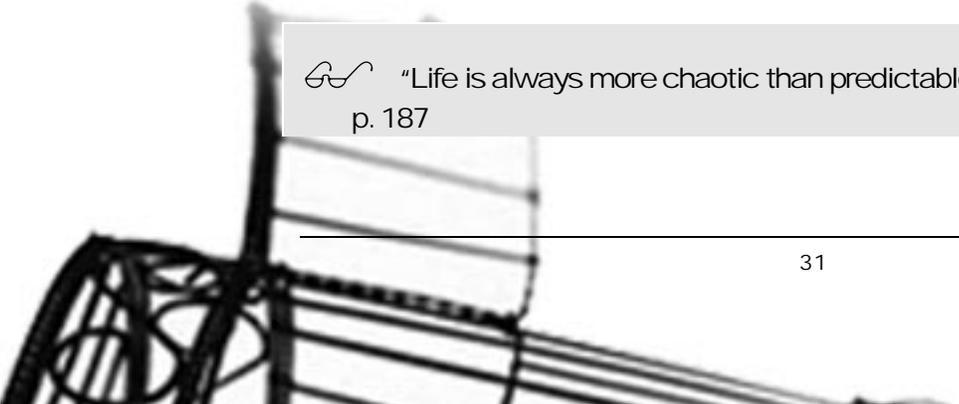
James 4:13-16

🔗 I want a "Ten" but I keep Getting a "Five." Read: 5 vs. 10 theory. pp. 186, 187

🔗 Holidays and Premeditated Resentment; face the reality of potential offense. p. 187

**[Q]** *Do you tend to expect a ten world? Are you shocked when it's usually a five? Share an example. How can you begin to modify your expectations?*

🔗 "Life is always more chaotic than predictable." (Oswald Chambers) p. 187





👁️ Unrealistic expectations will put a strain on one's marriage, like the happiness fantasy—spouse assigned your happiness quota. pp. 188,189

👁️ Evaluating unrealistic expectations will require sustenance—the food of angels—manna. Manna is defined as “What is this?” p. 190



Ps. 78:24-25 NLT; Deut. 8:3

👁️ When chaos escalates, pause and remember your daily allotment of “manna”—“what is this!” Maybe your manna today is to forgive your spouse or child who is not living up to your expectations! p. 190

**[Q]** *Have you ever conceived of heavenly manna as a reward for overcoming trials?*

👁️ One person can take you from happiness to rage—because of expectations. Story of Mordecai and Haman. pp. 191-92



Esther 5:9-13

👁️ Our expectations can actually blind us to the efforts being made by a loved one. Read the long quote. p. 193

**[Q]** *Can you think of one person you can count on to ruin your day? How does he or she do this? How can you change so that you're not offended as often?*

👁️ Teen suicide is increasing in our wealthy nation. Deadly me-centric living is a fatal noose of expectations. p. 194

👁️ Forgiveness is so other-centered...that the me-centric person is unlikely to have the faith or even the desire to forgive. p. 194



Jer. 45:5

**[Q]** *Do you find yourself focused on “me-centric” living? What are three ways you can begin to change to other-centered living?*

👁️ Reality Check for All People Outside the Garden: life is unfair but don't confuse life with God.

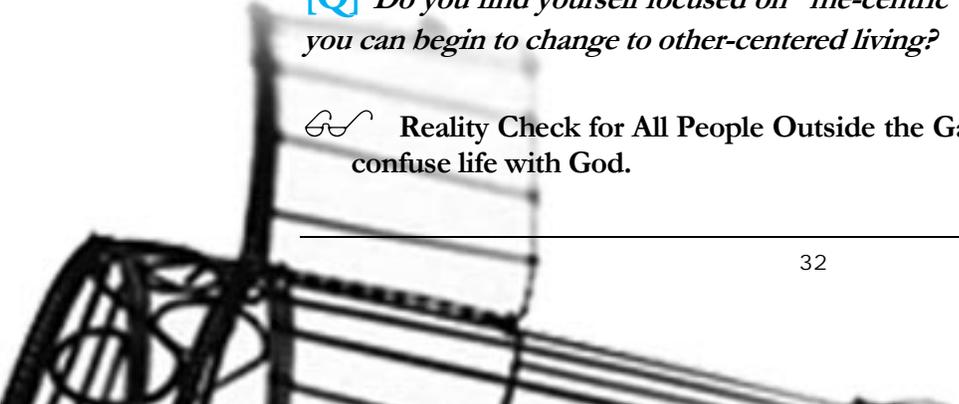




 Illustration about the little girl getting on school bus. p. 195

 Ecc. 9:11

 **Unrealistic expectations are modified by acknowledging the limited day pass we have here on earth. p. 196**

 Ps. 90:10 NLT

 **Living on this planet with six billion sinners guarantees the daily inevitability of being offended—don't waste a day stuck in unforgiveness. p. 196**

 **The issue of needing to forgive someone will no longer exist when we no longer exist. p. 197**

 How do you know that you are living with unrealistic expectations of your loved ones? ANSWER: You are surprised when you have to forgive again! p. 197. Ponder: Does God have to forgive you again and again?

 Luke 17:3-5; I John 1:9

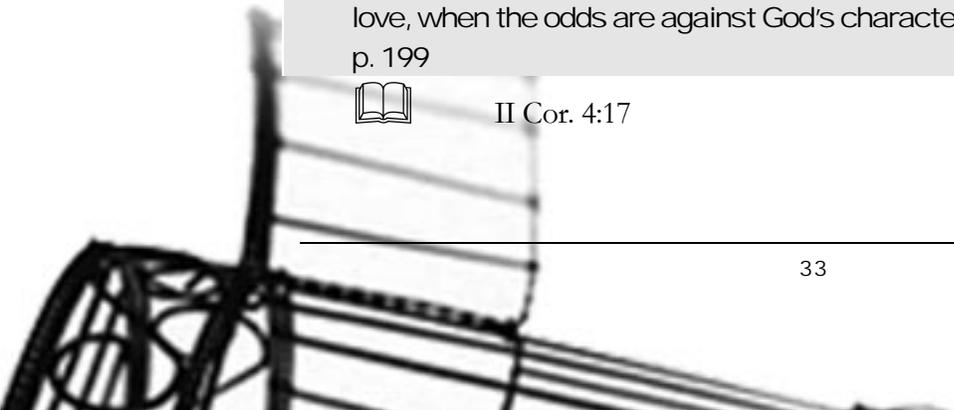
**[Q] *Are you angered when a loved one offends you again? Why is anger an unreasonable response for the Christian?***

 **One final warning: unrealistic expectations allow one to put **CONDITIONS** on forgiveness—I will forgive if \_\_\_\_\_ when \_\_\_\_\_ after \_\_\_\_\_, etc. p. 198**

 **Resist Resentment Towards God Because of Unrealistic Expectations. Resist the thought that your faith would immunize you against suffering. p. 199**

 "Extraordinary things happen for the person who hangs on to God's love, when the odds are against God's character." (Oswald Chambers) p. 199

 II Cor. 4:17





 **Suffering is a great instructor for those growing in faith. p. 200**



II Cor. 6:4-7; Zech. 13:9

 "We must embrace pain and burn it as fuel for our journey."  
(Miyazawa) p. 201



Rom. 8:18; Isa. 48:10

**[Q]** *Does asking you to forgive still feel like the sting of a scorpion? If so, why?*

**[Q]** *Do you react to offense like a turkey or an eagle?*

