

# Unmet Expectations When Things Don't Go as Planned

## Expectation



## Reality



# *Sleeping with pets*

Expectations

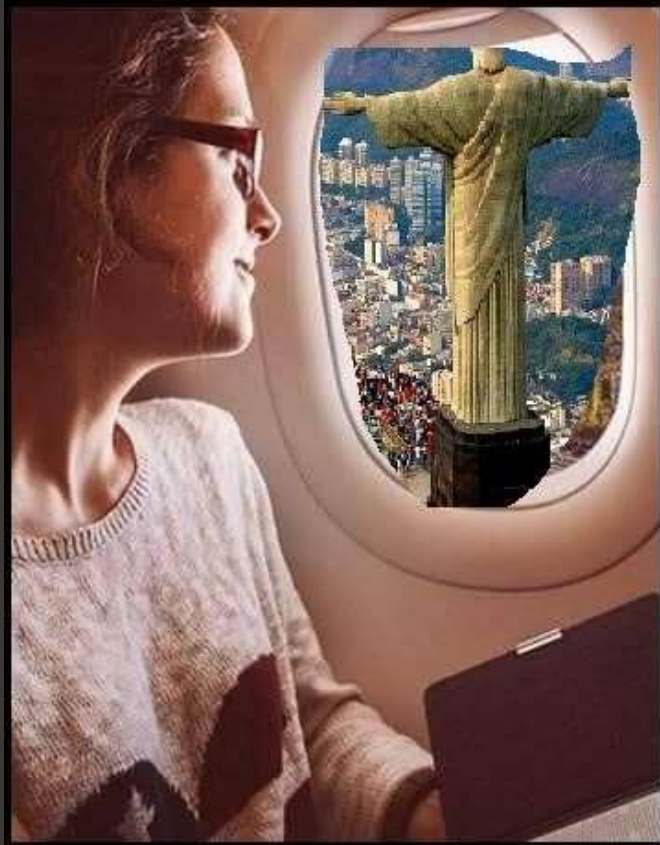


Reality



# BJJ Lifestyle

expectations



reality









Close enough.



“A princess-fairy-cowgirl-astronaut-ballerina-  
ice skater-stay at home mom”



Expectation - “a strong belief that something will happen or be the case in the future”.

How we manage expectations  
will largely determine  
the quality of our relationships.

# EXPECTATIONS Feelings Chart



COMMUNICATION



- Was the other person aware of the expectation?
- Did the other person share the expectation?

Parenting  
Time together  
Home responsibilities  
Money Management  
Sexual Relationship  
Prayer/Bible devotions

EXPECTATIONS  
MUST BE REALISTIC

- Was it in the power of the other person to meet the expectation?
- Was it in the other person's best interest to meet the expectation?



EXPECTATIONS MAY  
BE NEGOTIATED

BE LOVING

BE FORGIVING

**Make sure our TRUE HOPE  
is placed in the correct place  
– we need to ultimately place our  
hope and trust in Jesus**



The *biblical* definition of hope is  
**CONFIDENT EXPECTATION**

“Now faith is confidence in what we hope for  
and assurance about what we do not see.”

Hebrews 11:1

But we can, and should,  
place our **HOPE**,  
our confident expectation,  
in **JESUS**.

**HOPE** is what helps us wait.  
**FAITH** is what keeps us looking in  
the right direction.

“This time I will praise the LORD.”  
Genesis 29:35

“The Lord was with Joseph...”

“God’s plan for us may not meet our finite human expectations, but it will certainly, ultimately, in some way, exceed them.”

*J. Scott McElroy*

## Hebrews 12:2

“For the **joy** set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.  
3 Consider him who endured such opposition from sinners,  
so that you will not grow weary and lose heart.”



## Hebrews 12:1-2

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. ”

We persevere for the joy that is set  
somewhere before us.

Romans 8:25

“But if we hope for what we do not yet have, we wait for it patiently.”

## Romans 8:26-27

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.”

“The Spirit holds us securely as we walk through the rubble of earth toward the glory of His presence, no matter how weak we feel along the long and bumpy road. Because He takes us before the throne of God day by day, moment by moment, we know we don’t walk alone. The Spirit is indeed our Helper, both in our hearts and in connecting ours to His own.”

*Ruth Chou Simmons*  
*Gracelaced*

“Hope is not a lie. It is not to pretend everything is fine when it’s not. But rather, hope is that in the full depth of darkness we experience, we come to see that Light has entered into that darkness to be with us. And one day, Light will overcome the darkness.”

*Charles Yu – Blackhawk Church*

## Revelation 21:4-5

“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

He who was seated on the throne said, “I am making everything new!” Then he said, “Write this down, for these words are trustworthy and true.”

We persevere for the joy that is set  
somewhere before us.



## Psalm 91:1-2

<sup>1</sup>Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.  
<sup>2</sup>I will say of the Lord,  
“He is my refuge and my fortress,  
my God, in whom I trust.”

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“Be still, and know that I am God”

Psalm 46:10

“I will be exalted among the nations,  
I will be exalted in the earth.”

<sup>11</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.”

“God is our refuge and strength,  
an ever-present help in trouble.”

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## 1 Thessalonians 5:16-18

“<sup>16</sup> Rejoice always,  
<sup>17</sup> pray continually,  
<sup>18</sup> give thanks in all circumstances;  
for this is God’s will for you in Christ Jesus.”



*Light*

will overcome  
the darkness.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Rom. 15:13

