

## So What DID You Expect?

Expectations are based on the way we think our marriages OUGHT TO BE. Reality is WHAT ACTUALLY IS.

### ➤ Examples of Expectations

1. "My spouse should always treat me with respect and be concerned with my needs." (\_\_\_\_\_)
2. "If I don't please my spouse, then he (she) will stop loving me." (\_\_\_\_\_)
3. "A man is supposed to do the fixing and muscle work around the house!" OR
4. "Doing housework is Woman's work!" (\_\_\_\_\_)

### ➤ Expectations are based on what Ought to Be and lead to:

1. \_\_\_\_\_ – lose perspective
2. \_\_\_\_\_ – self absorption
3. \_\_\_\_\_ – making assumptions

### ➤ 100% of Anger is caused by \_\_\_\_\_

*What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. (James 4:1,2a NIV)*

### ➤ Nobody other than you has the power to make you \_\_\_\_\_

*As a man thinks within himself, so is he. (Proverbs 23:7)*

*Kind words heal and help; cutting words wound and maim. (Proverbs 15:4 MSG)*

### ➤ Reality is based on \_\_\_\_\_ and leads to:

1. \_\_\_\_\_ –
  - 1) Free to focus on \_\_\_\_\_
  - 2) Free to \_\_\_\_\_ one another
  - 3) Free to give people the \_\_\_\_\_ of the doubt

2. \_\_\_\_\_ – When we live by the Spirit His fruit is in our lives

*You, my brothers, were called to be free....So I say, live by the Spirit, and you will not gratify the desires of the sinful nature....But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

*(Gal. 5:13-25 NIV)*

### ➤ How to make the \_\_\_\_\_ you need!

1. Realize that Joy comes from your relationship with God and His unchanging FAITHFULNESS, not from \_\_\_\_\_.

*The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten. After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. Upon receiving such orders, he put them in the inner cell and fastened their feet in the stocks. About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. (Acts 16:22-25 – NIV)*

2. Realize you are in \_\_\_\_\_ of your happiness or unhappiness.

*As a man thinks within himself, so is he. (Proverbs 23:7 - NIV)*

3. Believe God that You Can \_\_\_\_\_

*You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. (Ephesians 4:22-24 NIV)*

4. Recognize the \_\_\_\_\_ the Devil has been telling you.

In Rev. 12:9 Satan (the Devil) is called “the deceiver of the whole world.”

5. Replace those lies with the \_\_\_\_\_.

*Sanctify them by the truth; your word is truth. (John 17:17 NIV)*

*The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:4-5 NIV)*

6. Live out the \_\_\_\_\_.

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. (Romans 12:2 NIV)*

## ➤ **Conclusion**

*Now that you know these things, do them, that is the path of blessing. (John 13:17 LB)*

*When you obey me, you remain in my love, just as I obey my Father and remain in his love. I have told you this so that you will be filled with my joy. Yes, your joy will overflow. (John 15:10,11 NLT)*



