

## ICEBREAKER AND OPENING THOUGHT

Use the icebreaker and opening thought to begin the conversation.

## BIBLE DISCUSSION & LIFE APPLICATION

Many have read the Exodus passage as a prohibition against lying in general, while others have seen the context as related to wrongful prosecution in court. For this week, the passage is being applied broadly to include subtle ways we may hear, imply, entertain, or even communicate falsehoods about other people when we haven't been clear in our communication or listening.

## TIPS ON ALTERING EXPECTATIONS

It is easier to talk about being clear in our expectations with other people than to practice it regularly. Here are some tips on what to do if someone doesn't meet your expectations:

1. What do you do when someone cannot meet your expectations?
  - You will need to turn the expectation into a hope.
  - What adjustments do you need to make to accept that reality?
2. What do you do when someone agreed to the expectation but doesn't do it?
  - Does the person have the ability to say no, or was your expectation really a demand?
  - Were you not clear about your expectation? Do you need to clarify more?
  - Did they agree, but midstream realize it wasn't possible? People can change their mind.
3. What do you do when God doesn't meet your expectations?
  - God will not always meet your expectations. Can you accept that his ways are higher, and he knows more?
  - Spiritual maturity happens when you become aware you had expectations of God that he never agreed to fulfill.

## UNHEALTHY EXPECTATIONS

- **Unconscious:** Unconscious expectations are those expectations we hold where we are not even aware we have them, and when they go unmet, we feel the sting of disappointment. For example, maybe you expect your roommate to immediately wash the dishes after dinner because in the house you grew up in, that's how it was done. Unconscious expectations are assumptions we make because of the way we think the world works.
- **Unreasonable:** These are expectations that aren't grounded in reality. Maybe you expect a friend to be available whenever you want them to do whatever you want them to do. One example might be a frustrated friend expecting another a newlywed friend to be available to give advice while the wedded friend is on their honeymoon.
- **Unspoken.** We may be conscious of our expectations, but the other person isn't. We haven't voiced what we expect, yet we still get upset when people don't meet them.
- **Un-agreed Upon.** Just because you invited someone to a party doesn't mean they will come. Just because you asked someone for a ride to the airport doesn't mean they have to give it.

## CHALLENGE

Think of a recent, simple expectation you had that went unmet and made you angry, disappointed, or confused. Use the above process to clarify that expectation. Was your expectation valid, or was it missing a critical step? Spend some time this week thinking about where else in your life you might need to clarify expectations or assumptions – in your workplace, school, family, or friendships? What might your next steps be?