

Week #2

Living Up To Expectations - The Problem

What are expectations?

Strong beliefs that something will be the case in the future.

Unmet expectations often give birth to sinful anger, which is followed by sinful words or reactions.

Examples of triggers from unmet expectations can be long work hours, personal childhood wounds, issues intimacy and connectedness, clashing schedules, financial difficulties, and different parenting styles. No amount of premarital counseling (and I strongly recommend our premarital counseling program at GBC) or good intentions can adequately prepare spouses in these areas. AND this is quite normal!

Instead of feeling ashamed for angry feelings and reactions we often display toward our spouse, we can have hope that there is a better way - a gentle Biblical way. Indeed, it is within the grasp of every husband and wife who long for change.

Next week: Living Up To Expectations - The Solution