



Title: Relationship rescue II – unmet expectations
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Date: 8 September 2013
Time: 9:00

Proverbs 4:23 (AMP)

Keep and guard your heart with all vigilance, for out of it flow the springs of life.

What is an offence?

An offence usually occurs when you see, hear, or experience a behaviour that is so **different from what you expected** that it causes you to falter, totter and wobble in your soul. In fact, you are so stunned by what you have observed or by a **failed expectation** that you lose your footing emotionally. Before you know it, you are dumbfounded and flabbergasted about something. Then your shock turns into disbelief; your disbelief into disappointment; and your disappointment into offence. –
From the bait of satan – John Bevere

How do we deal with the expectations we put on ourselves

1. Let go of being perfect
2. Communication
3. Enjoy your relationship.
4. Allow God to change you.

How do we deal with the expectations we put on other people

1. Healthy boundaries

Jeremiah 17: 5-8

Thus says the LORD: “Cursed is the man who trusts in man and makes flesh his strength, whose heart departs from the LORD. For he shall be like a shrub in the desert, and **shall not see when good comes**, but shall inhabit the parched places in the wilderness, in a salt land which is not inhabited.

2. Put your expectation on God

Psalms 62: 5-6, 8

My soul, wait silently for God alone, for my expectation is from Him. He only is my rock and my salvation. He is my defence. I shall not be moved. Trust in Him at all times, you people. Pour out your heart before Him. God is a refuge for us.

3. Grace and forgiveness