

Small Group Guide: “WHAT CAUSES HURTS IN RELATIONSHIPS: Not Knowing My Expectations”

Opening Question: Share about a time when something didn't meet your expectations (restaurant, movie, event, etc.). How did you respond?

Opening Prayer: *Heavenly Father, thank you for bringing us together in fellowship today. As we explore the insights from Pastor Dan's sermon, open our hearts to understand your teachings on relationships and expectations. Guide our conversation and help us grow closer to you and to one another. In Jesus' name, we pray, Amen.*

Key Takeaways:

1. Unmet expectations in relationships can lead to disappointment and resentment if not addressed.
2. Jesus commands us to love God and our neighbors, emphasizing the importance of maintaining healthy, loving relationships.
3. Relationships require grace and truth. Balancing these allows us to forgive others while still maintaining necessary boundaries.
4. Often, we may not be aware of our own expectations or fail to communicate them, which can cause friction in our relationships.

Discussion Questions:

1. **Read and reflect on Matthew 22:37-39.** How do you interpret Jesus' command to love your neighbor as yourself? How might this show up in your everyday routine?
2. How do unmet expectations affect your relationships with family, friends, and coworkers? Can you share a time when an unmet expectation led to a challenge in a relationship, and how did you resolve it?
3. Pastor Dan mentioned unconscious, unrealistic, unspoken, and unagreed upon expectations. Which of these do you find yourself struggling with the most, and why?
4. **Read Proverbs 18:2 and Proverbs 18:15.** How can these verses guide our interactions with others when faced with unmet expectations?
5. What role does grace play in healing and maintaining relationships, especially when hurt arises from unmet expectations?
6. Discuss times when having a conversation clarified an expectation or resolved a misunderstanding. How did it change the relationship?
7. How can we stop making judgments about others and instead seek to understand their perspectives, as mentioned in the sermon?

Practical Applications:

1. Identify one expectation you have in your relationships that you haven't communicated clearly. This week, have a conversation to express this expectation.
2. Reflect on an area where you might be making judgments based on assumptions. Challenge yourself to seek understanding first.

3. Practice offering grace to someone who has disappointed you, keeping in mind that balance between grace and truth.
4. Journal about a relationship where your expectations were met or unmet. What did you learn from this experience, and how can it guide you now?
5. Make it a habit to pray for God to reveal any unconscious expectations you may have, asking Him to give you wisdom in acknowledging and communicating them.

Closing Prayer: *Lord, thank you for the insights and conversations we've had today. Help us to bring grace and truth into our relationships, so they may reflect your love. Give us the wisdom to set healthy expectations and the courage to address unmet needs lovingly. Guide us in our applications this week. We trust in your guidance and strength to help us grow. In Jesus' name, Amen.*