



————— ∞ **Week 2** ∞ —————

Message Title: The Lie of Expectations, Part 1

Book Content, “At the Crossroads”: Chapters five and six

This weeks memory challenge: Luke 9:48 *Then Jesus said to them, “Whoever welcomes this little child in my name welcomes me; and whoever welcomes me welcomes the one who sent me. For it is the one who is least among you all who is the greatest.”*

————— ∞ **Message Notes** ∞ —————

† **Review! False belief #1:** Pain is BAD and I need to protect myself from it.

† An all too familiar story
Luke 9:46-56

† **False Belief #2:** My well-being depends on meeting the EXPECTATIONS of OTHERS.

Who are your *expectors*?

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|------------------------------------|-------------------|------------------|------------------|---------------|
| • <u>PARENTS</u> and <u>FAMILY</u> | • <u>TEACHERS</u> | • <u>PEERS</u> | • <u>COACHES</u> | |
| • <u>SPOUSE</u> | • <u>BOSS</u> | • <u>SOCIETY</u> | • <u>KIDS</u> | • <u>SELF</u> |

† The performance treadmill: We step on it because we want to be LOVED.

- When being loved is contingent on what is seen in our ‘above the water’ life, this is the trap of PERFORMANCE BASED ACCEPTANCE.

- Performance based relationships are based upon EXTERNALS.

† Where the treadmill leads

- **STRESS!** This is what we feel when the EXTERNAL expectations placed upon us exceed the INTERNAL resources we have to meet those expectations.

- The stress of unmet expectations leads to:

The tragic irony: We get on the treadmill because we want to be loved, but maintaining an external image leads to loneliness and isolation.

† The religious version of performance based acceptance
Matthew 23:1-4

- † The lens of the New Covenant: Attempting to establish our well-being by meeting others expectations is trying to live by LAW. **Reality!** In Christ, we have been set FREE from the motivation of law!
Colossians 2:20-23
Mark 10:17-23
Romans 7:4-6

GO DEEPER! Reference notes and the audio of today's message is available at www.trinityvail.com/sermons. Weekly message audio is also available through various podcast apps on both your iPhone and Android devices. Just search for "Trinity Vail Valley Ethan". This message series is based on the book "At the Crossroads" by Pete Kuiper.