

**Title:** Great expectations  
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## Word

### 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.

### Expectations we put on ourselves

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

### Expectations we put on other people

#### Healthy boundaries

#### Jeremiah 17:5-8

<sup>5</sup>“Cursed is the one who trusts in man, who draws strength from mere flesh and whose heart turns away from the Lord. <sup>6</sup>That person will be like a bush in the wastelands; they will not see prosperity when it comes. They will dwell in the parched places of the desert, in a salt land where no one lives. <sup>7</sup>“But blessed is the one who trusts in the Lord, whose confidence is in him. <sup>8</sup>They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

### Put your expectations on God

#### Psalm 62:5-6, 8

My soul, wait silently for God alone, for my expectation is from Him...

#### Psalm 68:3

But let the righteous be glad; let them rejoice before God; Yes, let them rejoice exceedingly.

#### Psalm 68:5-6

A father of the fatherless, a defender of widows, is God in His holy habitation. God sets the solitary in families; He brings out those who are bound into prosperity.

#### Psalm 146:3-4

Do not put your trust in princes, in human beings, who cannot save. 4 When their spirit departs, they return to the ground; on that very day their plans come to nothing.

## **The Father's Voice**

Sometimes, we feel so afraid;  
Sometimes, we feel so lonely;  
Sometimes, we feel confused;  
Sometimes, we feel so helpless,  
and we don't know what to do  
It's so hard to believe it,  
if we never heard it  
The voice of a father saying  
our name  
You're not alone  
You're not alone  
I never leave you  
I never leave you  
Alone  
Sometimes, just sitting in the middle of the dark  
at night  
Sitting on the piano just playing around  
Sometimes, it's just fun to sing it until I  
see it again  
Just to sing it over and over and over and over  
I'm not alone  
I'm not alone  
You never leave me  
You never leave me