

What Happy Couples Know
Sometimes You Have To Throw Things
April 30, 2023

Notes

Questions for Personal Reflection and Group Discussion

Have you ever known someone who was trying to deal with unmet expectations by ignoring them, staying busy, or finding someone else?

Do you ever try to deal with unmet expectations by pretending they don't matter to you or keeping yourself busy with work or family? What happens to those expectations and how does ignoring them impact you?

In what ways have your unmet expectations undermined the quality of a relationship?

1. Read Psalm 55:12-23.

Are you currently holding back with God by praying 'polite' prayers? What would it look like for you to be completely unfiltered when you take your concerns to your heavenly Father?

2. Read 1 Peter 5:5-7.

Is there an area of your marriage or a situation in any relationship where you need to ask yourself, "What would a humble person do?" What step of obedience will you take in that area or relationship and when will you take it?

What does it look like for you to move to the "back of the line" in your marriage or other relationships? What specific thing could you do to live out that principle?

3. Read Psalm 145:15-17.

What do you hunger and thirst for?

Who is the satisfier of your desires?

What can you do this week to cast (throw with all your strength) your cares, desires, hopes and dreams on God?