



HEART TO HEART

Heartbound Newsletter

March 2017

Expectations

When John and Penny were married they started out as many typically do—with love and care—but over time they became dissatisfied with something about each other. John believed Penny should have the house clean when he came home and supper on the table since he worked all day. Likewise Penny had grown tired of John leaving the kitchen drawers open after he finished with them. He should close them and replace the toilet paper when



the roll ran out. Do you have any idea how often she replaced the roll of tissue since John always left it empty? How immature is that anyway? Their happiness waned and disagreements started to abound with the same root problem. What transpired from the time of the wedding to the time they now found themselves

experiencing?

Pastor Robert experienced this same type of situation when he began his work at a little church in the suburbs. Each week he faithfully followed his convictions to visit the sick, assist those needing homes and prepare his sermons along with all other manner of things needing to be done at his church and in his community. Regardless of how much he did or what he did, he was constantly faced with unhappy members. Some complained that he didn't preach correctly, some said it was not spiritual or biblical enough, others said he *should* be at the hospital more.

Why do you suppose he could never satisfy his congregation?

Should he need to be concerned that he does what people want him to do, or what ministry focus he feels called to do? Why would he never have the peace of mind to follow his convictions without meeting complaints? No one considered that even if Jesus himself appeared, He would get the same treatment and in fact did receive some of that very thing when He didn't do things the way others thought it "should" be done.

That no matter how perfect someone is, there will constantly be something

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Expectations are everywhere

married, but thankfully we did, and worked through the fact that expectations for another in a relationship causes damage. Many people never realize this and destroy their relationships. Often people are irritated when things are not "as they should be." Many feel a person should do as they determine things should be done - be it dress more modest, wear lower shoes, not wear so much make up or behave in some "proper" way. How many in society feel they "deserve" to be treated in some fashion or "should" receive something in return for nothing?

One story was told me where a forty year old man broke down and threw himself on the floor as a result of another person changing the air conditioning thermostat that he had self assigned. Although this may seem extreme to some, is this not a branch of the same root and where it can lead if not checked? We can see this in work environments where complaints abound regarding how an employer should be or a fellow employee. The phrase "they should", "he should" or "she should" fills the air with discontent, defeats resolution and growth, and leaves destruction in its wake. It removes one from understanding another on an equal plane and sets them up as above the other. No one can truly know what is best for another individual for no one knows the past journey that has occurred or where someone is now in that process. This view has no respect for the other as a separate person that makes their own conclusions and follows their own convictions.

If you want respect, a necessary factor in any successful relationship, you will be worthy of it by being respectful.

present that will always get in the way of peace, harmony, self accountability and responsibility. It would always prevent a letting go and allowing each to act according to his own beliefs with freedom and responsibility- the opportunity to work as a team for any greater good.

Expectations. They are everywhere.

I remember in my own life how at some point I thought husbands took care of the trash and wives always cooked. It did not occur to me -who said it had to be that way? In the same way my husband had the expectation that wives always did the ironing, cooking and took care of the list of things he had on his "list for wives". Unfortunately we didn't compare notes until

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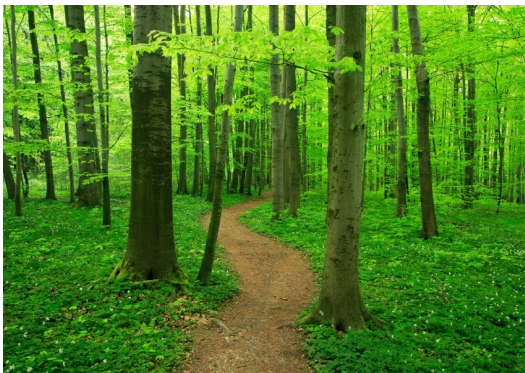
If respect is missing and expectations are present, there will be a damaged, stressful relationship that will continue to deteriorate until this is resolved. Occasionally there is a rare relationship that survives at this level but it is not as happy a one, as could be achieved, if this was addressed. Expectations exert an oppressive pressure. The opposite of what is needed to grow into individuals reaching the greatest potential.

So you may ask, if we see this as a problem what would be the solution?

- *Identify* the root of expectations—fear and control.
- *Make a goal* to live in love rather than in fear or control.
- *Nurture* your relationships.
- *Have no expectations* but rather freedom and interdependence where requests can be made and negotiated without strings attached or hard feelings (if the request cannot be fulfilled). Just a decision of one's own based on the negotiation results. This is love and acceptance—the environment and opportunity for growth, love and a mutually rewarding relationship. The soil a healthy community requires to flourish.

Finally, *ask yourself some questions:*

- Am I trying to speed up the timetable God knows is best for that person's life?
- Do I really believe God knows all the facts of our lives and is doing a good job changing people in His own loving and merciful way?
- Am I as compassionate and understanding of others as God is?



Then Choose: Our hearts condemn us naturally and we tend to pass that on.

If you are compassionate and understanding of others, your heart will be to you as well. Remember, we can support people and God in a positive effort

or work against them and Him by using our own judgment. After all, God gave us the choice.

"...do not be conformed to this world, but be transformed by the renewing of your mind.." Romans 12:2

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