

In Your Family ...

**Make God's way  
your every day way.**

Are you ever disappointed?

What disappoints you?

Disappointment is real.

Disappointment grows  
from **unmet expectations.**

What do you **expect**  
in your family?



Everyone starts their family  
expecting **happily ever after!**



Starting a **family** and  
**living happily** ever after  
are **not always synonymous!**






How do you feel when your  
**family expectations aren't met?**

**Disappointed!**

What happens when we are  
**disappointed?**

A close-up photograph of Antonio Banderas. He is wearing dark, wrap-around sunglasses with the word "POLICE" visible on the right lens. He has dark hair and is looking down and to the right with a slight smile. He is wearing a white collared shirt under a dark suit jacket. The background is dark and out of focus.

*Expectation is the  
mother of all frustration!*

Antonio Banderas



# Disappoint Can Lead To ...

Bitterness

Rage and Anger

Brawling and Slander

Malice

HOW?

HOW DO I MANAGE THE THREAT OF  
**DISAPPOINTMENT** IN MY FAMILY?



Overcome disappointment  
with **love** and **grace**.

Be **kind** and **compassionate** to one another, **forgiving each other**, just as in Christ God forgave you.

Ephesians 4:32 | NIV

*A new command I give you:  
**Love one another.** As I have loved  
you, so you must love one another.*


John 13:34 | NIV

# TRUST

**TRUST** IS FOUNDATIONAL  
TO FAMILY LOVE AND WELL BEING.

*Love always **trusts** ...*

1 Corinthians 13:7 | NIV

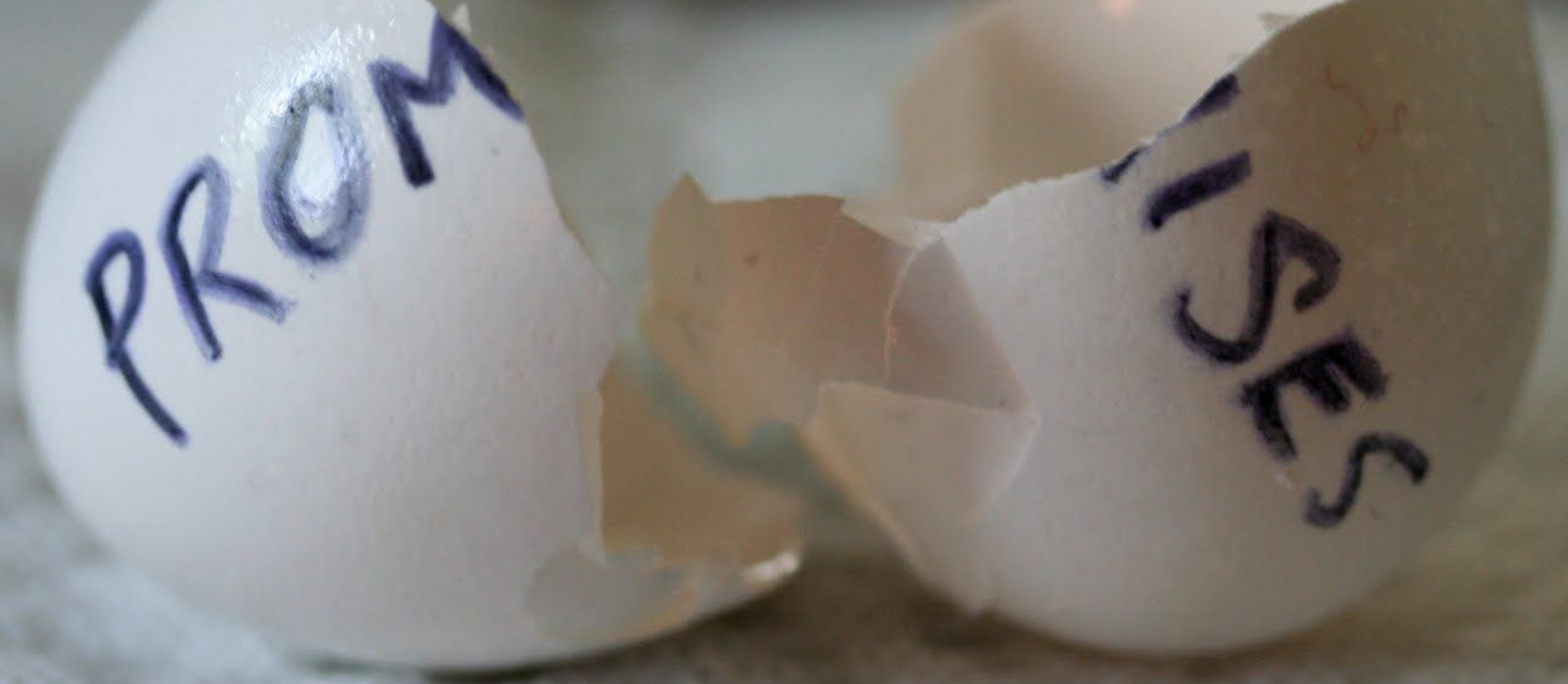
A man with short brown hair, wearing a light pink button-down shirt and blue jeans, is sitting in a chair. He is gesturing with both hands, palms up, as if speaking. The background is dark blue.

*“To maintain the relational integrity necessary to operate as a team, we must choose to **trust** and **be trustworthy**.”*

Andy Stanley

What makes it **hard** for you to trust?

What you **experience** can  
make it hard for you to trust.







Who you **are** can make it  
hard for you to trust.

# GAPS

IN EVERY FAMILY THERE ARE  
**GAPS** BETWEEN EXPECTATIONS  
AND EXPERIENCE.

*All have **sinned** ...*

Romans 3:23 | NIV

When our **expectations** closely  
**match** our **experience** trust grows.

**Expectation = Experience**

**Growing Trust**

**Expectations > Outcomes**  
=

A **BAD** Thing

Trust is trashed!

# The Disappointment Gap

Expectations

Experience



When our expectations don't match our experience it creates a

Expectations | **gap** | Experience



In every family, friendship, business, school, church, organization, or other grouping of people **gaps will happen!**



The health of any family depends  
on what you do with the gap!

Expectations |

| Experience



Trust **grows** or **diminishes** based on  
what you put in the gap!

Expectations |

| Experience



When gaps happen you can  
**believe the best** or **assume the worst.**

What do you put in the gap?

Expectations | **Believe  
The Best** | Experience



What do you put in the gap?

Expectations | **Assume  
The Worst** | Experience



Love always chooses  
**trust** over **suspicion**.

Suspicion and a lack of trust is always an expression of **rejection**.



grace

**TREAT YOUR UNMET  
EXPECTATIONS WITH GRACE.**

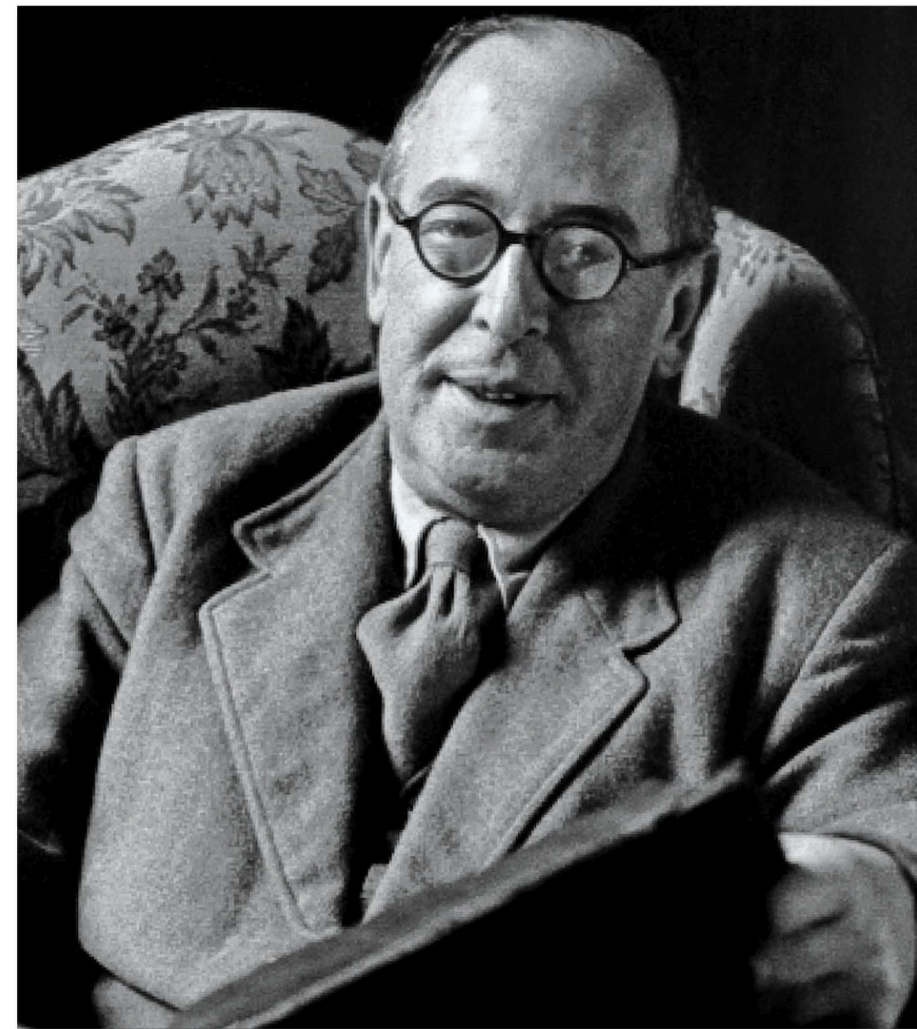


*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, **forgiving each other**, just as in Christ God forgave you.*

*Ephesians 4:31-32 | NIV*

*Everyone says  
forgiveness is a lovely  
idea until they have  
something to forgive.*

C. S. Lewis



# PSYCHOLOGY TODAY

If you could secretly push a button  
and thereby eliminate any person  
with no repercussions  
would you do it?



**Would you do it?**



# Would you do it?

69% of men said, "Yes."

56% of women said, "Yes."



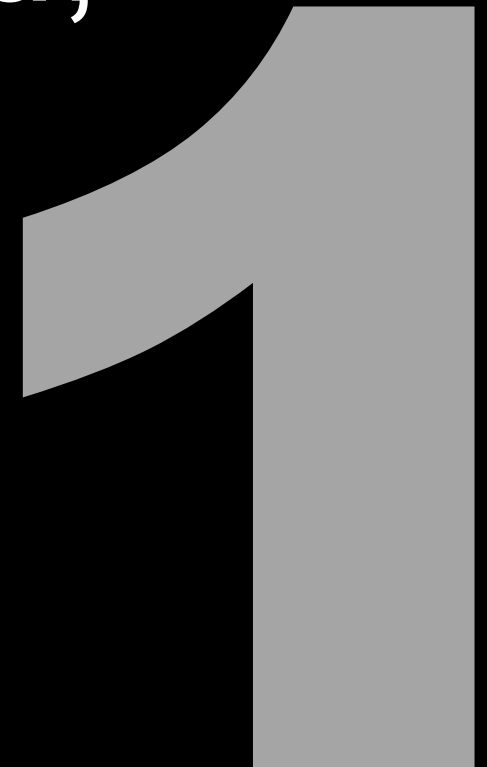
# GRACE

**Five gracious commitments to  
increase family security.**

*Let your conversation be always  
**full of grace**, seasoned with salt,  
so that you may know how to  
answer everyone.*

Colossians 4:6 | NIV

When there is a **gap** between what I  
expected and what I experienced,  
**I will believe the best.**





Love gives the other person  
the benefit of the doubt.

STOP THE GAP



Love looks for the most  
**generous explanation** of  
the other persons behavior.

When other people assume  
the worst about you, I will  
**come to your defense.**



If what I experience begins to erode my trust, I will **come directly to you** about it.



When you can't choose to  
trust you must choose to  
**confront the issue.**



*If your brother sins against you, **go and show** him his fault, just between the two of you. If he listens to you, you have won your brother over.*

Matthew 18:15 | NIV

When I'm convinced I will not be able to deliver on a promise, I will **inform you** ahead of time.



When you confront me  
about the gaps I've created,  
I will **tell you the truth.**





*Do to others as you  
would have them do to you.*

Luke 6:31 | TNIV

All families are **messy**.

All families are **messy**.  
Not all families are **in pain**.

In Your Family ...

**Make God's way  
your every day way.**

# Challenge

**Do something unexpected**  
(and nice!) for your family this week.

# Extreme Challenge

Create your **personal** and **family**  
disappointment **plan**.



Relationships

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