



————— ∞ **Week 4** ∞ —————

Message Title: The Lie of Expectations, Part 2

Book Content, “At the Crossroads”: Chapter seven

This weeks memory challenge: Psalm 3:5 *I lie down and sleep; I wake again, because the LORD sustains me.*

————— ∞ **Message Notes** ∞ —————

- † **Review! False belief #1:** Pain is BAD and I need to protect myself from it
- False belief #2:** My well-being depends on meeting others EXPECTATIONS

Romans 7:4-6

OLD WAY ∞ versus the ∞ NEW WAY
The Flesh and LAW The Spirit and GRACE

- † Reality! The old way of our *flesh trying to keep the law* focuses on the EXTERNALS of life. The New Way of our Spirit choosing to live by Grace focuses on the INTERNALS of our HEART

- † Old vs. New: Achieving vs. RECIEVING
2 Corinthians 5:21, Romans 3:21-22, Colossians 2:6

- † Old vs. New: Compliance vs. OBEDIENCE
Ephesians 6:5-6

The vocabulary of the law...

† A little psychology: The important concept of LOCUS of CONTROL

- Freedom! In Christ, God restores to us an INTERNAL locus of control

- A great gift of salvation is restoration of our true power of CHOICE

- Irony! True freedom of choice only results from true SURRENDER to Christ
Romans 6:17-18

† Reality! God is the only person whose expectations are healthy and realistic! God's expectations of us never exceed the RESOURCES He provides to us.
1 Thessalonians 5:24, Philippians 1:6, 2:13, Colossians 1:28-29, Psalm 3:3-6

† **True Belief #2:** My well-being is in CHRIST and comes from living by GRACE, not by keeping the LAW.
Matthew 11:28-30

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.