



### **Part 3**

### **Fling It, Hurl It, Throw It**

We all enter into marriage with hopes, dreams, and desires. The only way to keep them from becoming expectations is to decide your spouse doesn't owe you. As long as you think your spouse owes you, your marriage is transactional, which destroys intimacy.

But what's wrong with having hopes, dreams, and desires? What are we supposed to do with them? Let's discuss.

### **DISCUSSION QUESTIONS**

1. Have you ever tried to deal with our unmet expectations by pretending you don't care about them or keeping yourself busy with work or family? If so, how has that worked out for you?
2. Have your unmet expectations ever undermined the quality of a relationship?

**Read Psalm 55:12–23.**

3. Have you ever prayer a prayer like this?
  - If so, what did it do for you / in you (meaning how did you feel about talking to God this way)?
  - If not, what would it look like for you to get on your knees and be unfiltered when you take your concerns to your heavenly Father?

**Read Peter 5:5–7.**

4. Is there an area of your relationship about which you need to ask, "What would a humble person do?" What are some things you can do to move to the back of the line in that area?
5. What can you do this week to "cast your anxiety" on God? How can this group support you?