

April 23, 2014

EXTREME FAITH

Family

“The people that God uses to shape you and mold you to become the best you can be.”

Name: _____

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FAMILY

Expectations...

What are the expectations that you live under?

We have have expectations put on us in life. Sometimes expectations can crush us and cause stress in our lives. Other times expectations can cause us to soar and fly higher than we ever thought that we could. The expectation pushes us and we excel. So what is it about expectations, why are their good ones and bad ones.

Here is the deal, Expectations are good things, but they get a bad rap. The good ones help you go further and grow and develop with the reality of who you are and what you were made for in mind. The bad expectations are the ones that well stretch you so far and push you so hard that you break. "These expectations are not based in understanding who you are and what you were made for. They are based in what someone else wants you to be." Lets face it we all need someone helping us and pushing us, but the person behind the expectation needs to really know who we are and what we were made for.

In the end we have expectations that we put on ourselves and sometimes we put expectations on ourselves that we can't meet. We are caught in the trap of trying to please others, we think we know what will make them happy and well we set expectations that just aren't true.

So where do we find help, what is the answer to living with expectations?

Check this out, **Colossians 3:23-24**

Whatever you do, work at it with all your heart, as working for the Lord, not for men, 24 since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. When we take a look at this verse we are reminded that it is ultimately Jesus who we seek to please. He has expectations for us but we can be confident that His expectations will guide us to the best possible life. God's way of living is always the best way to live.

Okay so if you are truly living out that verse, then it should take care of many things. But what if you still have expectations that are put on you that you just can live up to... What are you to do then? Communicate, talk with the people who are putting the expectations upon you. Talk with them and let them know the pressures that you are under and how things are affecting you. You have a voice and you have to use it. Okay so these conversations will probably need to happen with your parents, and you can say it really won't help. Or you might say that I have tried that before, but they still one me to live up to the expectations. If that is the case read on and learn how to communicate with your family, and your parents. It is a survival skill you need, and it is easier than you think.



Living Extreme means...

Expectations do get a bad rap, especially if we are not currently meeting the expectations that are put before us. So what are we to do, live in fear, live in the constant pressure to maintain the norm that others put on us?

No that is not living extreme. Living extreme is being responsible for yourself and knowing at the end of the day that you have been responsible for yourself. In doing that you will be one of the most extreme people around. Very few people live with the concept that they are responsible for themselves. Now you are an extreme person, and extreme people communicate with other people. When expectations are put on you, you have a right to communicate and discuss the expectation. That is extreme many people just live with the expectation and communicate in an explosion after the stress an strain becomes so intense that they can't take it any more. That is not an extreme person. Live extreme and be responsible for yourself...

CHARACTER

EXTREME APPLICATION

Your character defines you and sets the pace for how you will live out your life. Sometimes our character will be put into question if we are not living up to expectations. People might say that we are not trying hard enough or they might say we don't care! Which is just not true, the truth is there may be a thousand things going on inside of us that is crushing us and the expectations just add more weight. What you have to do is be extreme, and talk! Communicate and keep the lines of communication open with your parents and family!

Think About it The tension of

(Doing everything as if you were doing it for Jesus)

When you really think about it there is no better way to live than to live as if you are doing everything for Jesus! I mean it puts you on the right path in all that you do. He becomes the guide who is always with you showing you the way to go. I mean that is the way that we want to live. But man sometimes we put too many expectations on ourselves as to what that really looks like. We think that living for Jesus, and doing everything as if we were working for Him, has this long list of things that we have to do. Things we have to keep up, and the moment that we slip well we failed again, and well we have to start over again. Guess where these thoughts come from? Can you? Yeah these thoughts are lies for the thief. What we have to see is that working at everything as if we were working for Jesus is really simple. The expectations that God has for us are completely realistic and we can obtain them because He will give us the strength to achieve it. **Colossians 3:23-24 Whatever you do, work at it with all your heart, as working for the Lord, not for men, 24 since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.** Okay look at this verse closely and you will see that if you work at things with all of your heart then you working as though you are working for the Lord. Then when you do that you see that you are no longer worried about man's expectations, but you are living the life that God has for you to live. Running headlong into things with all your heart! We have the joy to serve Jesus every day! In everything that we do! This is the best way to live! When we live this way then we can be assured that He will provide all the strength that we need and all the power that we need to achieve anything that we set our hearts and minds to! Others will have expectations for us, but as we shift and live out of the passion of serving Jesus with everything that we do, we will meet the expectations of others. Actually we will go beyond them and they will be amazed at what we do. So here is my question to you. Do you include God in everything that you do as if you were working for Him? Do you call on Him for strength and power? If not what are you waiting for? It is up to you and your desire to live for Him. Just do it think about it and live for Him in everything that you do! You will have to fight for this life because the world does not want you to live this way, but with some practice and some perseverance, you will get it down and you will find strength that you never knew that you had!

Open Communication

This is the most important chapter in this whole book! Seriously. At least, if you want to have a great life with your family through your teenage years—which is not an easy or simple thing to do—then this is the most important. Here's the deal leeo: You're changing, and your parents are trying to adjust to that change. It's a tricky little dance, and sometimes you'll step on each other's toes! In the middle of all that changing and adjusting, communication (talking to each other, especially about important stuff) often gets difficult. And so many teenagers and parents just give up and stop communicating. Let us give you a couple of examples. You come home from school feeling lousy. You don't really know why. Your mom asks you in a way that bugs you, but you don't know why it bugs you why you seem so "down." You try to put words to it; but you don't have the words. Mom gets frustrated because she thinks you won't tell her what's going on in your life. You get frustrated because Mom keeps bugging you about it. And you both learn to just stay away from talking about why you seem "down" because it's not fun for either of you. Or you really want to go to your friend's house, but your homework for the weekend isn't done. You try to explain why it will be no problem to finish the homework on Saturday. But your parents aren't budging they want you to finish it before you go anywhere. You get upset and they get upset, and none of you is really listening to each other. You yell, "Fine!" and stomp off to your room. You sit in your room thinking you just can't explain anything to your parents any more. They sit wherever they are, thinking that they hardly know who you are anymore. These things will happen! And the sad thing is, lots of families allow these kinds of things to make them stop talking to each other about anything other than homework or when they need to pick you up at the mall. Your open communication (talking about real stuff, life-stuff) with your parents is so important! Not only will it help you have a great ride through your teenage years, but it will also help you become the adult you want to be. So do everything you can even when it's hard to keep talking about the real stuff of life with your parents.



The above is an excerpt from My Family. Great book you should check it out and give it a read. Especially if you like what you read above. We will be highlighting from this book each week as we talk about families. You can purchase this book at Barnes and Nobel.com



DIE IN REDEMPTION

Colossians 3:23-24 Whatever you do, work at it with all your heart, as working for the Lord, not for men, 24 since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

1. What expectations do your parents place on you?

2. Why is it hard to live up to these expectations?

4. What expectations do you put on yourself?

4. Read Colossians 3:23-24

Ask this: If you were to live this way everyday how would your life change?

Discuss this in small group.

Challenge for the week:

1. Write out all the expectations that you live under, (from Parents, siblings, and yourself)
2. Ask yourself if they are good expectations or bad expectations.
3. Then ask yourself what you are going to do about them?
4. Apply Colossians 3:23-24 and see if things change.
5. If the pressures and the stress don't change have a conversation with the person who has the expectation. (If the person is you, then talk to God about the expectations that you put on yourself.

Seek God and Live / Live as if everything you do was for Him!

TAKE SOME TIME AND JOURNAL.

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