

MORE THAN WE EXPECT

Philippians 2:5-11 • December 26, 2021

Keith Sandell, Director of Youth and Young Adult Ministries
Sequim Community Church

I. INTRODUCTION: EXPECTING MORE

II. EMOTIONS OF FRUSTRATION, SADNESS, ANGER, AND DISCONTENTMENT

- A. Feeling these things is ok
- B. We long for more, because we weren't made for this world
- C. Biblical characters, even Jesus, experienced these emotions

III. EMOTIONS ARE OUR INDICATOR LIGHTS

IV. WHAT DO WE DO WITH OUR EMOTIONS?

- A. Examples from Bible Characters
- B. Are our emotions leading us away from or towards God?
- C. Three ways to get closer to God with your emotions

- Pray Honestly

Be merciful to me, LORD, for I am faint; O LORD, heal me, for my bones are in agony. My soul is in anguish. How long, O LORD, how long? Turn, O LORD, and deliver me; save me because of your unfailing love...I am worn out from grieving; all night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes. Away from me, all you who do evil, for the LORD has heard my weeping. The LORD has heard my cry for mercy; the LORD accepts my prayer.

— Psalm 6:2-9

- Do one positive action
- Remember Jesus

V. WITH JESUS, GOD GIVES US MORE THAN WE EXPECT

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

— Romans 8:18

CONCLUSION: When you feel frustrated or upset or discontent, go to God.
Because with God we always get more than we expect.