

CHAOS

calm in the

WEEK 2 - CULTURAL EXPECTATIONS

OVERVIEW

With pumpkin spice lattes, stocking stuffers, turkey dinners, and the relentless demand to experience, even through clenched teeth, the “hap- happiest season of all,” unrealistic cultural expectations around the holidays can leave us stretched thin, exhausted, and anxious. If we want to navigate this season with a renewed spirit of flourishing, we must set aside these cultural demands and focus on the priorities Jesus laid in front of us: to love the Lord with everything we are, and to love our neighbor as ourselves. If we can focus on that, our souls will come alive.

*You must love the LORD your God with all your heart, all your soul,
and all your mind... Love your neighbor as yourself.*

Matthew 22:37-39

DISCUSSION QUESTIONS

1. What expectations do you have for the holidays?
2. Do you feel like there are expectations of you, too? What are those, and who expects them?
3. Have you ever considered what God expects during the holidays? Read [Matthew 22:37-39](#) to find out.
4. What actions would you be taking if you truly loved the LORD with all your heart, soul, and mind?
5. How do you go about loving your neighbor as yourself (during the holidays or anytime)?
6. Read [1 John 4:9-12](#). How does this relate to the passage from Matthew 22?
7. What did Amy mean by Hope = unexpected joy?
8. What practical steps can we take this season to keep our focus on the hope of Jesus and not on the expectations of others or ourselves? How do you actually let go of the expectations you have?

RESOURCES

gracechurch.us