



MATTHEW 20:1-16

FRUSTRATED? TRY A REALITY CHECK

There are no 'ifs' in God's Kingdom. His timing is perfect. His will is our hiding place. Lord Jesus, keep me in Your will! Don't let me go mad by poking about outside it.

Corrie ten Boom

CAN YOU THINK OF A TIME WHEN YOU WERE DISAPPOINTED BECAUSE WHAT YOU EXPECTED TO HAPPEN DIDN'T HAPPEN?



HOW WOULD YOU DEFINE THE DIFFERENCE BETWEEN A REALIST, A PESSIMIST AND AN OPTIMIST?

Optimist

Pessimist

Realist

WATCH THIS VIDEO FROM FR MIKE SCHMITZ "EXPECTATIONS VS. REALITY" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Explain why Fr Mike's first job caused him frustration:



CLOSED

- What were his expectations?

- What was the reality of the situation?

According to Fr Mike we have two approaches in situations like this:

- 1 Hold onto the _____ and retain _____.
- 2 Acknowledge the _____, adjust my expectations to fit reality, and escape _____.

Can you think of situations in your own life where you made the first choice, but the second choice would have been a better option? Explain:



Fr Mike explains how we can sometimes apply that attitude to God too: we can expect things of God (or others) that maybe God never promised you He would do, or say, or be for us. How might this negatively affect our relationship with God?



How can we apply **Approach 2** to our relationship with God, do you think?

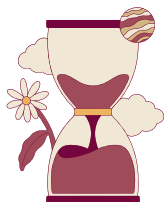
- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

FRUSTRATED? TRY A REALITY CHECK

MATTHEW 20:1-16

What difference do you think it would make in your own life if you simply acknowledged reality and based your expectations of others, of God, or of situations off of reality?

What would change in your life? What would change in your attitude? (*Obviously this is not the same as not having dreams and goals for your life: we are supposed to be the best version of ourselves!*)





Now Read Matthew 20:1-16



When we read the Parable of the Workers in the Vineyard, it can be easy to side with those who worked a full day and feel hard done by by the vineyard owner when they receive only one denarius, the exact same as those who started working much, much later in the day! Yet, when we re-examine the story, we realise that they agreed to work for one denarius, they received exactly what they were promised, no less; exactly what they agreed was a fair wage before they began working. Instead they are annoyed by the generosity of the vineyard owner who pays one denarius to everyone who worked for him that day, even though they had no right to expect more for themselves, or less for others. Their expectations as they queued up to receive their wages did not meet reality and they experienced frustration! Are we ever guilty of feeling like that towards God, forgetting that He is abundantly generous and merciful, but we don't earn that mercy or generosity - it is offered freely to everyone! Let's practice an attitude of gratitude instead, acknowledging the reality of what others have generously done for us, and how God has radically blessed us, and being thankful, rather than being resentful or frustrated!



MISSION!

ARE THERE SITUATIONS IN YOUR LIFE THAT ARE CAUSING YOU FRUSTRATION? IS SOME OF THAT FRUSTRATION CAUSED BY UNMET EXPECTATIONS, EXPECTATIONS THAT ARE NOT BASED ON REALITY, OR ON WHAT WAS PROMISED TO YOU, OR ON SITUATIONS THAT YOU ENCOUNTER OR HOW OTHERS BEHAVE? CAN YOU PICK ONE SITUATION OR RELATIONSHIP TO WORK THIS WEEK: TO ACKNOWLEDGE THE REALITY AND ESCAPE FRUSTRATION?



PRAYER TIME!

Jesus, you know that my heart is made for love, for greatness and for adventure. Keep me grounded in reality too, so that I may not drive myself mad with expectations that are not rooted in reality. Help me to see the truth about me and others, and to live out of that truth, putting my hope and trust in you. Amen.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GOD'S PROMISES / GENEROSITY



- Laura Story: Blessings
- Lauren Daigle: Trust in You
- Andrew Ripp: For The Love Of God
- Jon Reddick: I Believe It (The Life Of Jesus)



- Leeland: Way Maker
- Bethel Music: Goodness of God
- Elevation Worship: Your Promises
- Chris Tomlin: Good Good Father



Fr Patrick Cahill: The 11th Hour