



Pastor Brandon Penn (Visiting) · BETHANY - A PLACE OF NEW BEGINNINGS  
July 27, 2025

#### MATTHEW 11:28-30<sup>NIV</sup>

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

### LEARNING TO SURRENDER NEVER-ENDING EXPECTATIONS

#### 1. WHEN EXPECTATIONS SPIRAL OUR \_\_\_\_\_ SUFFERS.

- Expectations are a fact of life. Yet, there is spiritual risk we face when we have expectations to meet spiraling levels of performance.

#### The Performance Trap

*"We can become victims of our success through a continual ramping up of expectations. The more we deliver on the expectations of others, the more people want of us. And so the best becomes the enemy of the good."* (Peter Shaw)

#### 2. LIGHT \_\_\_\_\_ LIVING

What do these words of Jesus mean for your life this week?  
(Complete on your own)

- Come to Me:
- Learn from Me:
- Easy and Light:

#### 3. THE RISK: \_\_\_\_\_ FOR GOD. \_\_\_\_\_ WITH GOD.

How did the early church live out these risks:

- Galatians 3:3 --
- 1 Corinthians 3 :1-3 --
- Hebrews 5:12 --

#### 4. APPLICATION: PRACTICAL WAYS TO RETURN TO HIS PRESENCE

- A) \_\_\_\_\_ your identity in relationship with God.
- B) \_\_\_\_\_ your perspective! ... zoom out!
- C) \_\_\_\_\_ your key relationships, roles and priorities.
- D) \_\_\_\_\_ to build resilience through rest and spiritual rhythm.

#### [Closing Reflection]

*Where has your spiritual life become more about managing than about meeting with God?*

*What expectation(s) must you surrender today? Where do you need to stop performing and simply meet God?*