

**Overwhelmed by Expectations**  
Week 4 in our series *Overwhelmed*  
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*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*  
(Romans 12:2)

Expectations are fueling my pace of life while fracturing my peace in life

How do we let God transform us?



**Remember!**

*The Daily Connections (Good Morning God, Spiritual Boost, Good Night Review)* open our lives to God's love and direction and power.

*Good Morning God* should be the first thing we do every day when waking up. The *Spiritual Boost* connects us with God's words in the Bible during the day sometime when we have 10 minutes of quiet. Finally, we finish our day with *Good Night Review*, and this allows God's joy and forgiveness to come to us as we drift into sleep.

These three spiritual exercises take only 20 minutes each day, and you will be amazed at how they affect your life. Give it a try and see how you are fundamentally changed by time with God!

Here are suggested readings in the Bible for your **Spiritual Boosts** this week:

Day 1: Read Romans 12:1-2

- ✳ Where do you need God to transform your expectations?

Day 2: Read Romans 12:3-5

- ✳ Why does pride fight against community?

Day 3: Read Romans 12:6-8

- ✳ What gifts has God given you to share with others?

Day 4: Read Romans 12:9-13

- ✳ In this list of what it means to have Life with God, where does God want to change you?

Day 5: Read Romans 12:14-19

- ✳ How would you explain why followers of Jesus don't take revenge?