

The Law of Expectation

Definition of Expectations. The act or state of expecting or looking forward to an event as about to happen. That which is expected or looked for. The prospect of the future; grounds upon which something excellent is expected to happen; prospect of anything good to come, esp. of property or rank. The value of any chance (as the prospect of prize or property) which depends upon some contingent event. Expectations are computed for or against the occurrence of the event. The leaving of the disease principally to the efforts of nature to effect a cure.

The spiritual law overlooked by many is “the law of expectation.”

The law of expectation means you eventually get what you expect. Essentially the law of expectation and eventually getting what we expect can be either negative or positive. If we expect to have a bad day, we'll have a bad day. If we expect the favour of God, we'll receive the favour of God. If we expect a breakthrough, we'll eventually experience a breakthrough. And so on.

The Foundation of Expectation

there must be a valid reason for whatever you expect. That is, you must have a real, basis for your confidence. We can change your thinking and speaking according to our expectations and thereby experience the power of this law at work in our life, too.

Change Your Expectations

Maybe it's time to take inventory of our expectations. If our mantra sounds more like, “Whatever can go wrong, will go wrong,” then we're missing out on huge potential for positive transformation in our lives.

Whatever the situation, the Spirit to lead us promises and stories that bolster our faith that something good is going to happen. Then keep those words and reminders running through our mind and our mouth. Begin mornings or the take on circumstance with the curiosity, “I wonder how God will surprise me today?” Then wait expectantly to see what God does.

Fred, a recovering expecter. has the most trouble with expectations in his friendships. Expecting to match the intimacy, equality, and intensity of a meaningful childhood friendship has gotten in the way of his adult friendships. He had to learn to approach each friend with an open heart and not burden the relationship with his previous experience.

The first step in dealing with expectations is to be aware of how often we have them. Take a few minutes to think about a typical day. How often do we expect something to happen, and how do we feel when it doesn't?

Try daily to not become attached to particular outcomes. Make a conscious effort to free yourself from pre-packaged cultural expectations. Let your models be spiritual teachers who confound all our ideas about who they will be and who stay open to grace-filled surprises.