

THE EXPECTATION GAP

PART 2: WHEN GOD SEEMS HIDDEN

WIN

To identify the “Big Five” false needs that drive our reactivity and to learn what it looks like to trade God-sized striving for human-sized trust.

CONNECT

Describe a recent situation (big or small) when you caught yourself trying to manage outcomes—at work, at home, or even at church. What happened? What did that feel like?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here’s a simple prayer you can use:

Heavenly Father,

You know how quickly we grab for control, perfection, and approval. Help us notice where we’re trying to do your job instead of ours. Amen.

After praying, watch the video for Part 2.

APPLY

After the video, discuss the following questions as a group:

1. Of the “Big Five” false needs, which one (or two) feels most true for you right now?
 - Control
 - Perfection
 - Knowing the answer
 - Being there for people
 - Approval

Where does that false need show up most frequently for you: work, parenting, faith, relationships, your past, or your mistakes?

2. Think of a recent situation when one of the Big Five took over. What happened? What story did your “unreliable narrator” start telling you?

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3. The Big Five are in reality God-sized traits—things only God can fully hold. Where do you see yourself trying to do a God-sized job?
4. Read **Matthew 11:28–30** aloud.

“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.”

- Is there an area or situation where you currently feel “weary and burdened”?
 - Is it partially because you’re trying to manage a God-sized burden?
 - What might it look like to hand that back to God and carry only your human-sized part?
5. Steve mentioned that the more we chase false needs, the less we notice God’s presence. What are some signs that you’ve stopped “noticing God”? This week, what could you do to start noticing his presence?

PRAY

Take prayer requests and then close your time in prayer. Here’s an example you can use:

Heavenly Father,

Help us recognize when we’re trying to do only what you can do, instead of trusting you. Amen.

BEFORE NEXT TIME

This week when you feel anxious, tense, or reactive, pause and ask yourself, Which of the Big Five is being triggered right now? Then pray: God, you’re God and I’m not. Help me trust you with this.

To explore this topic further, read chapters 5–6 of *The Expectation Gap: The Tiny, Vast Space between Our Beliefs and Experience of God* by Steve Cuss.

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