















### Desires & Demands Chart

 I desire						
	I long	I cry out	I submit	I rejoice	I serve	I hope
 I expect						
	I demand	I judge	I blame	I harden	I punish	I despair

	Righteously Handled Desires & Expectations	Unrighteously Handled Desires & Expectations
<b>Starts as</b>	Desire, expectation	Desire, expectation
<b>Becomes</b>	Unmet longing	Demand/must-have
<b>What happens vertically</b>	Pour heart out to God, submit to His will, choose to rejoice	Harden heart, blame God, despair, seek it apart from Him
<b>What happens horizontally</b>	Involve community for encouragement & support, serve others	Judge, blame, distance, and punish
<b>What the result is</b>	With hope in God	In despair & sinful action
<b>Desire is</b>	Hoped <i>for</i> without being hoped <i>in</i>	Given up on but hoped <i>in</i> or becomes all-consuming
<b>Biblical Examples</b>	1 Samuel 1 (Hannah), Jesus in Gethsemane, the Psalms	David with Bathsheba, Cain it Abel

*Responding righteously to unmet desires is not a simple, linear path. It is often a hard, up-and-down full-on battle!*