

## Illusion of Control

Why We're Addicted to Control



# Talk It Over

### Message Summary

The more we try to control, the more chaos we create. Control belongs to God, not us. True peace comes when we surrender our illusion of control and trust His goodness.

### Key Scriptures

*3 The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?"*

*2 "Of course we may eat fruit from the trees in the garden," the woman replied. 3 "It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'"*

*4 "You won't die!" the serpent replied to the woman. 5 "God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil."*

*6 The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. 7 At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.*

*8 When the cool evening breezes were blowing, the man[a] and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. 9 Then the Lord God called to the man, "Where are you?"*

*10 He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked."*

Genesis 3:1-10 (NLT)

### Start Talking

*Find a conversation starter for your group.*

- What's something small you like to control in everyday life, like the TV remote, how the dishwasher is loaded, or the car temperature?
- Watch this week's Sermon Refresh: [Here](#) (Available Mondays)

### Start Thinking

*Ask a question to get your group thinking.*

- Please read the Key Scriptures on the left.
- Why do you think Adam and Eve wanted control in Genesis 3, and what does that teach us about trusting God's goodness today?

### Start Sharing

*Choose a question(s) to create openness.*

- When have you tried to control something in your life, and it ended up creating more chaos?
- How can we remind each other to trust God's goodness instead of trying to control outcomes?
- Where is the biggest area of chaos in your life right now? How can you release control of that over to God?

### Start Praying

*God, grant us the serenity to accept the things we cannot change,*

*Courage to change the things we can,*

*And wisdom to know the difference.*

### Start Doing

After identifying the biggest area of chaos in your life right now and how you can release control of that over to God, take the practical step(s) that you've identified. Ask someone in your group to be your accountability partner this week to check in on you and support you.