

Illusion of Control

How we Control



Talk It Over

Message Summary

We often try to control life through knowledge, power, or shame, but control is an illusion. True peace comes only when we surrender control to God.

Key Scriptures

For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil. When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it.
Genesis 3:5-6 (NIV)

He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."
Genesis 3:10 (NIV)

Do not wear yourself out to get rich; do not trust your own cleverness. Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.
Proverbs 23:4-5 (NIV)

Start Talking

Find a conversation starter for your group.

- If you could control the weather for one day, what kind of day would you create?
- 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 believed eating from the tree would give them control, and what does that teach us about trust in God?

Start Sharing

Choose a question(s) to create openness.

- Which of these do you tend to rely on most to feel in control - knowledge, money, or shame/blame?
- When you use that method, how does it usually work out for you (and those around you)?
- What's one practical step you could take to catch yourself in the moment and choose a different response?

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

This week, when you notice yourself reaching for your go-to method of control, pause and pray the Serenity Prayer. Then choose to take the practical step you identified instead.

