

The Illusion of Control

The Cost of Control



Talk It Over

Message Summary

Trying to take control only leaves us anxious, exhausted, and with broken relationships. True peace and power come when we surrender control to God and trust Him.

Key Scriptures

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 (NIV)

Now Sarai, Abram's wife, had borne him no children. But she had an Egyptian slave named Hagar; so she said to Abram, "The Lord has kept me from having children. Go, sleep with my slave; perhaps I can build a family through her."

Genesis 16:1-2 (NIV)

19 Then the disciples came to Jesus in private and asked, "Why couldn't we drive it out?"

20 He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Matthew 17:19-20 (NIV)

Start Talking

Find a conversation starter for your group.

- What's something small in life that instantly drains your energy when you try to control it (like traffic, your kids' mess, or a group text thread)?
- 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 holding on to control so often leads to exhaustion instead of peace?

Start Sharing

Choose a question(s) to create openness.

- What does the Bible show us about how control impacted Abraham and Sarah's relationship and now countless relationships since?
- How have you seen control damage relationships; whether in family, friendships, or at work?
- Where do you feel your faith is weakest because you're relying on control instead of surrender?

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

Pick one area; personal stress, a relationship, or your faith where you've been grasping for control. This week, practice surrender by naming it in prayer daily and asking God to take the lead.

Special Invitation

Men: Join us at [Men's Night](#) on October 2nd and come with the men from your group.

Women: We'd love for you to use this evening to gather on your own and enjoy celebrating the amazing women God made you to be.