

BEEN THERE—1 STOP CONTROLLING THAT

For we do not have a high priest [Jesus] who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:15-16 NIV

**What you attempt to control the most
often reveals where you trust God the least.**

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray. Matthew 26:36 NIV

He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." ⁴⁰Then he returned to his disciples and found them sleeping. ...Matthew 26:37-40 NIV

[Jesus] went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." Matthew 26:42 NIV

**You don't always have the power to control,
but you always have the power to surrender.**

- Jesus doesn't invite us to a life of comfort and ease, but to a life of sacrifice and surrender.
- What are you trying to control that God wants you to surrender?

Questions to Ask When You're Tempted to Control

- Is it worth my concern?
- Is it mine to control?
- Is it for God alone?

Trust in the LORD with all your heart and lean not on your own understanding; ⁶in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6 NIV

"If you cling to your life, you will lose it; but if you give up your life for me, you will find it." Matthew 10:39 NLT

TALK IT OVER

Read **Matthew 10:39**. What do you think it means to "lose your life"? How could "losing" your life actually help you find it?

Is there something in your life that you're trying to control that God wants you to surrender? What's one step you could take to surrender to Him this week?

Share about a time when you were tempted to control but chose to surrender instead. What did you learn about God through that experience?

Start the *Jesus Can Relate* Bible Plan using Plans With Friends: www.go2.lc/beenthere