

# The One Thing We Can Control

Roland Salinas

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Part of Control

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C O N T R O L

**WK1- Why We Control** - *We weren't created to know everything, to control everything.*

**WK2- How We Control** - *Knowledge, information, common forms of power, money, shame, and the blame game.*

**WK3 - What Control Costs Us** - *Broken relationships, Burnout, Body Shame, Anxiety, and Exhaustion*

**When you control, it needs to be self-control.**

**God does not give us control, but he does give us agency.**

*Agency- the power to influence ourselves and our circumstances.*

*—Sharon Hodde Miller*

**Some Biblical terms we could also use to describe agency are shepherding, being entrusted with, a steward of, leader,**

teacher, elder, disciple or follower of Christ.

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**1. Do not control. Accept the fact you can't manufacture the fruit of the Spirit.**

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*

—Galatians 5:22-23 ESV

**2. Self-Control is the ability to control your thoughts, emotions, and actions.**

*A man without self-control is like a city broken into and left without walls.*

—Proverbs 25:28 ESV

**3. Stop acting like you know everything. Humility goes a long way in a tough situation.**

*For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.*

—Luke 14:11 ESV

**4. Set your self-control up for success.**

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

—Romans 12:1-2 ESV

*Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.*

—James 1:19-20 ESV

*Behold, I am sending you out as sheep in the midst of*

*wolves, so be wise as serpents and innocent as doves. Beware of men, for they will deliver you over to courts and flog you in their synagogues, and you will be dragged before governors and kings for my sake, to bear witness before them and the Gentiles. When they deliver you over, do not be anxious how you are to speak or what you are to say, for what you are to say will be given to you in that hour. For it is not you who speak, but the Spirit of your Father speaking through you.*

*—Matthew 10:16-25 ESV*