

Controlling People

Gregg Brenes

“My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come. ³⁴ “A new command I give you: Love one another. As I have loved you, so you must love one another. John 13:34-35

2 types of controllers – Aggressive controllers & Manipulative controllers

Whoever controls you, controls your future.

From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life. ²² Peter took him aside and began to rebuke him. “Never, Lord!” he said. “This shall never happen to you!” ²³ Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.” Matthew 16:21-23

How do we love the people who are trying to control us?

- Know who you are and what you are called to do.
- Recognize when someone is trying to control you.
- Decide when to draw a line in the sand.

**The relationships you have are a combination
of what you have created and what you have allowed.**

If you don't like what you have, change what you expect and accept.

Could it be me?

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. Matthew 16:24

Connect

- Are you more of a controller or a people pleaser?

Word and Reflection

We all have *relational vampires* in our lives. You know, those everyday people who just seem to suck the life out of you. Some of them are controlling people who – either through aggression or manipulation – take advantage of you. To love controlling people, you must recognize when someone is trying to control you and decide when to draw a line in the sand. As a response, trust God and surrender your need to control to Him.

John 13:34, 35; Matthew 16:15-24

- Which part of the message made an impact, caught your attention or challenged you?
- Why do you think some people are so controlling? What drives this kind of living? What do you think the motivations are for someone who allows themselves to be controlled?
- Read Matthew 16:21-24. Discuss Jesus’ interaction and what it teaches us about control, trust and following Jesus.
- What areas of your life do you try to have the most control over? What would it look like for you to surrender control of those areas to God?
- Read John 13:33-34. What relationship in your life causes the most worry and anxiety? Are there any unhealthy relationships you’ve allowed to control you? How will you begin to draw boundaries and love them in a healthy way?

Action

- Ask the Holy Spirit to help you see any ways you have controlled others or have been controlled by others. Share this with someone you trust and take action to find freedom.
- Choose one relationship in your life causing you the most worry and anxiety. Start each day asking God to bring healing and freedom to that relationship.

Prayer

- God, You are in control. Teach us to trust you enough to let go. Show us the ways we have either controlled or allowed control to come into our relationships. Give us strength to draw a boundary and follow after you with everything we’ve got. In Jesus’ name, amen.