



## To Control Or Not To Control

### When You Feel The Need To Control:

1. **Surrender the desire to control in exchange for God’s help.** Jeremiah 33:3, Proverbs 18:10
  - **When we feel out of control, like there is nothing else we can do—that’s when God steps in and does what we cannot do!**
2. **God knows the end from the beginning, and WE DON’T.** Psalm 139:16-17, Isaiah 46:9-10, Philippians 1:6
3. **God knows what is best and we don’t always know that.** Ephesians 3:20
  - **God can do INFINITELY beyond YOUR greatest prayers, hopes or dreams!**

### Five Things We Can Control:

1. **You can control what you allow yourself to carry.** Psalm 55:22 (Amplified), I Peter 5:6
  - **We may have great burdens, but they are not ours to carry.**
2. **You can control your attitude.** Psalm 131:1-2, Isaiah 30:15, Psalm 27:13
  - **We can CHOOSE to be still and quiet our soul.**
3. **You can control your thoughts.** Matthew 6:25-34
  - **We have to reject the negative thoughts and replace them with God’s thoughts.**
4. **You can control your words.** Proverbs 18:21
  - **We can choose to speak life in the face of death.**
  - **Put the Word of God in your mouth and declare what God says over yourself and your family.**
  - **Our words can make or break us. They can open the door to hopelessness, discouragement, and worry, OR they can open the door to hope and life and encouragement.**
5. **You can control your environment and atmosphere.**
  - **Praising God changes the atmosphere.**

With the help of the Holy Spirit, we control the things we can. And, ALSO, with the help of the Holy Spirit, we relinquish control to God and allow Him to do what we cannot do and to do what is BEST for us.

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