

# Are You Really “In Control”?

*Healing, Week Four*

We are control freaks! We try to control others, our circumstances, and our own will power. We're afraid that if we let go of control, we'll lose what we have. And that's true. The only way to have the healing God wants to give us is to let him have the controls of our lives.

## **We are control freaks!**

We try to control...

- Ourselves (and our behaviors)
- Other people (we manipulate)
- Outcomes of our circumstances
- The whole world!

But being “in control” is an illusion for us in our broken condition. We're usually gripping the steering wheel tightly while heading in the wrong direction!

**The only way to have God's healing and God's best in your life is to give up the controls of your life to God.**

### **Matthew 5:5 NLT**

God blesses those who are humble (meek, gentle), for they will inherit the whole earth.

Jesus also put this another way...

### **Matthew 16:24-26 NLT**

Then Jesus said to his disciples, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?"

**My broken condition is the result of me living life fully under my own control.**

The reason that being "in control" of your life is an illusion is because we are a people of **very good intentions**.

But **one wrong turn** has led to **another wrong turn** and has me on a

### **Galatians 5:17 NLT**

The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

**The secret to living on the pathway of healing and healthy growth is to give full control to the Spirit of God.**

**Stop trying to take control of your life. Instead, take responsibility for your life and let God have control.**

Are you ready to give up the controls of your life to God?