

WEEK ONE: SEPTEMBER 27, 2021 – 7 PM
IS CONTROL SETTING YOU FREE OR MAKING YOU FRAZZLED?
 Teacher: Elder Dominique Beaumonté

I am not Christ. – John 1:20

Week 1 Focus

- To identify how pervasive the problem of control truly is
- To get a sense of what it looks like to trust God more fully

Reading:

- Chapters 1-3

Questions to get us started:

- Why did you say yes to this study?
- What do you hope to gain by the end of our journey together?

What's your story?

- Describe the last time your attempts to manage something in your life felt like an exercise in herding baby kittens?

Discussion:

How pervasive is the issue of control? Do you think it's something everyone deals with? Or are some people "cured" from the desire for control?

Free-spirited vs. Frazzled

"Whatever happens, happens philosophy"	"I feel responsible for a lot of things"
"I'll get there when I get there"	"OMG. I'm late!!"
"It'll all work out"	"It's a mess!"
"I'm going to bed!"	"I have to stay up and cram, or else!"
"They will be okay without me."	"If I'm not there, it'll all fall apart!"

On the continuum below, where would you put yourself? Mark an X on the spot.

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FREE SPIRIT FRAZZLED SPIRIT

Is this true for you? Why or why not? The more frazzled and out of control my life gets, the more I try to control it. That sometimes results in even more frazzled. It's a vicious cycle.

DON'T OVERTHINK.

Here is a list of areas that we often feel like we must control. Which ones strike you personally?

My weight	My thoughts	My children	My Spouse/Significant Other
Job responsibilities	My future	My past	My Image
My health	My house	Anger	My To-Do List
My finances	Wrinkles	My Parents	Current Projects
My eating habits	My attitude	My friends	Extended Family
Safety of Others	Difficult Relationships	My ministry	Church Auxiliaries
My Schedule	Quality of my work	Career	

Let's examine the differences between healthy and unhealthy control:

	Healthy Control	Unhealthy Control
Weight		
Finances		
To-Do List		
Family		
Church		

Reflection: In the areas where I exhibit unhealthy control, how do I get to this point? What triggers me? Who triggers me?

Bible References to help us understand the "genesis" of control. (per the book)

- Genesis 3:6 - Controlling knowledge
- Mark 3:6 - Controlling People
- Revelation: God is in complete control in now and forever

Healthy Control in the Bible:

- Read Genesis 6:9-22 - Noah builds an ark
- Read Genesis 7:4 - How long did it take Noah to build the ark?
- Read Genesis 6:22 - Where did Noah get his plan?

Unhealthy control in the Bible:

- Read Exodus 6:6-7
- Read Exodus 15:22-24

The Israelites felt like they needed to make their plans in case God didn't come through or didn't come through like they wanted Him to.

Lessons from John:

We can learn from how the Bible describes John and how he describes himself. Read:

- John 1:6,8
- John 1:21
- John 1:26-27
- John 1:20

Who does God say you are:

- Read John 3:1

What we are praying for:

- Reveal to me what you want me to control And what's yours to control
- Pray over the things you have unhealthy control over. I have