



How Do I Deal with Control, Surrender, and Doubt?

Genesis 16:1-6; Proverbs 3:5-8; John 20:26-28

3/10/19

MAIN POINT

In order for us to live light, we have to learn the difference between control and surrender and how to deal with times that our lives seem “out of control.”

INTRODUCTION

If you skip the opening illustration: **What are things in our lives that we like to hold on to and control? What are some things that our culture tells us to try and control? What are some things that seem out of control in our culture?**

UNDERSTANDING

Genesis 16:1-6

Some points to remember:

- **Sarai tried to control the will of God by seizing the initiative from God.**
- **The result of control over surrender was the first marital triangle in biblical history.**
- **What can be some practical “Hagars” that we put in our lives instead of surrendering to the Lord’s plan?**

From these other verses there are statements or questions of control and surrender:

Finish the following statement...at the heart of control is... (fear, sin, playing God, lack of faith, what “I” can do in my flesh)

What are areas in our lives where we are controlling? (Controlling our bodies...possessions...relationships (spouse)...circumstances...work...our worth...behavior of our kids)

What are selfish reasons for control? (We try to be God...we think that our way is best...we want to be fixers)

What are some things that illustrate control in our lives? (helicopter parenting...micromanaging...religious guilt...perfectionism...worrisome anxiety)

Proverbs 3:5-8

What is the relationship of control and trust?

How do we build our faith through giving control and trusting God? What does that look like in our lives?

Finish the statement: we don't surrender until we...(realize we are not in control and that things are out of control...trust that His ways are better than my ways...it's brokenness and letting go...fall in love with who God is...believe in His Word)

What are some illustrations of surrender?

John 20:26-28.

If Thomas didn't believe the others about Jesus' resurrection (vv. 24-25), why do you think he was with them again eight days later?

How can being around other believers help you overcome your doubts? Have you ever experienced this in your own life?

How did Thomas respond to the resurrected Jesus? What are some different ways he could have responded, considering his doubt in the presence of the other disciples?

Examine Jesus' words in verse 27. What does this teach you about what you should do with your doubts?

APPLICATION

Spend some time evaluating where you control is focused; how can you tell if your trust is wholehearted? What have you learned from today's discussion that helps your trust is placed in Christ through these times?

Are there any doubts in your heart that you need to own up to? Why is this such an important first step?

How might spiritual disciplines like prayer, Bible study, worship, and serving help us take additional steps toward overcoming our doubts?

How can this group help each other deal honestly with our doubts?