

# Out of Control

## Open with Prayer Requests

### Read Luke 10:38–42

- Why did Martha become frustrated and overwhelmed?
- How did Mary respond differently to Jesus' presence?
- How can our desire to control situations distract us from what is most important spiritually?
- Do you relate more to Martha or Mary in this season of life? Why?

### Read Philippians 1:6

- What encouragement do you find in Paul's statement?
- Why is it difficult to trust God with situations that feel unresolved or out of control?
- Have you ever experienced a time when God worked things out after you surrendered control to Him?
- What does this verse teach us about God's faithfulness?
- How can remembering this promise help reduce anxiety and fear?

### Read Proverbs 25:28

- Why is self-control so important in the Christian life?
- How is biblical self-control different from trying to control other people?
- What are some practical ways we can grow in self-control?
- How can lack of self-control affect our relationships and spiritual health?

### Read Galatians 5:22–23

- How is self-control an act of devotion and obedience to God?
- How can prayer and trust in God help us respond differently during stressful situations?
- Why do you think people often feel the need to control everything around them?
- How can good intentions sometimes turn into unhealthy control?
- Why is surrender often harder than striving or fixing problems ourselves?
- How can controlling behavior damage relationships?
- Why is it sometimes difficult to recognize when we are being controlled by another person?
- Prayer is "the perfect act of surrender." What do you think that means?
- Why are prayer and trust inseparable?
- Have you ever prayed about something but then continued trying to control the outcome yourself?
- What does it practically look like to trust God and "not take it back"?
- How can prayer help recenter us when anxiety and fear begin to take over?
- What is one area of your life where you need to focus more on obedience and less on control?

## Closing Prayer