

Matthew 6:34

“Not to worry about tomorrow for today has enough problems of its own”.

Matthew 11:20-24

Then Jesus began to denounce the towns where he had done so many of his miracles, because they hadn't repented of their sins and turned to God. What sorrow awaits you, Korazin and Bethsaida! For if the miracles I did in you had been done in wicked Tyre and Sidon, their people would have repented of their sins long ago, clothing themselves in burlap and throwing ashes on their heads to show their remorse.” I tell you, Tyre and Sidon will be better off on judgment day than you. And you people of Capernaum, will you be honored in heaven? No, you will go down to the place of the dead. For if the miracles I did for you had been done in wicked Sodom, it would still be here today. I tell you, even Sodom will be better off on judgment day than you.” (NLT)

FIVE PRACTICAL STEPS TO RELEASE CONTROL

#1: C _____: We need to confess to God and others when we have been dealing with our problems in our own power, and our own way.

2 Corinthians 12:9

“My grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses.”

#2: C _____: To grow spiritually we must change the way we think. Change always starts first in our mind.

Proverbs 4:23

“Be careful what you think because your thoughts run your life.”

If you want your life to go in another direction, you are going to have to **redirect your thoughts**.

#3: C _____: We need to realize that God allows trials, pain, and crises in our life to help us grow in our faith.

James 1:2-4

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance”.

#4: C _____: We need to continue practicing living out Gods truths every single day.

Philippians 2:12

“Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill His good purpose.”

#5: C _____: We must grow up in our thinking, conduct and character.

1 Corinthians 14:20

“Stop thinking like children. In regards to evil be infants, but in your thinking be adults.”

“The Christian life is far more than creeds and convictions; it includes conduct and character. Our deeds must be consistent with our creeds, and our beliefs must be back up with Christ like behavior.” – Rick Warren

HOME APPLICATION

Memorize James 1:2-4

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete not lacking anything.”

Review the “Five Practical Steps to Release Control”. Ask God to help you pick the one you struggle with the most.

This week share with someone you trust your “struggles” and “stresses” and what you believe God wants you to do to implement a new way to deal with them.

Give those you trust permission to ask you how you are doing, and keep them updated.

NEXT STEPS

Fill out the communication card. If you are first time guest go to the guest services table and receive a free guest package.

Make a decision to follow Christ today! (Evangelism)

Make and daily pray for your "MY8 list" and ask God to help you become His influencer in your sphere of influence. (Evangelism)

Come to our services and INVITE your "MY8 List" of family and friends to church. (Worship & Evangelism & Fellowship)

Join others and get BAPTIZED after accepting Christ as Savior and Lord. Mark on the back of the communication card your interest. (Fellowship)

Sign up and attend our CLASS seminars (Christian Life And Service Seminars 101-401) on Thursday nights. (Discipleship)

Join the OWC community by attending Life Groups, Marriage In Motion, Celebrate Recovery, Momentum (Students), or Echo (Children). (Fellowship & Discipleship)

Become part of the team and SERVE at OWC by marking the back of the communication card an area of interest. (Ministry)

Give regularly by starting with the tithe (10%) to the Lord through Openwater Church (Worship/Stewardship)



#releasecontrol

Text: Matthew 11:20-24

By Tonya Towner @ Openwater Church
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James 1:2-4

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete not lacking anything.”

Psalm 40:12

“Problems far too big for me to solve are piled higher than my head. Meanwhile my sins, too many to count have caught up with me, and I am ashamed to look up.”

The beginning to deal with our problems is confessing to God we recognize we got a problem, and the problem is us.

When we are stressed we need to see it as a trigger that there is something we need to surrender to God.

1 John 1:9

“If we confess our sins he is faithful and just and will forgive our sins.”

“If you really desire to change your life, you can find a way. If you don’t, you will find an excuse”. - Anonymous

If you want to change how you think about your problems, find a verse to memorize and then apply it.

Hebrews 13:5

“I will never leave you or forsake you.”

Philippians 4:6-7

“Do not be anxious about anything, but in everything thru prayer and supplication make your requests known to God and the peace of God which surpasses all understanding will guard your hearts and minds in Christ Jesus.”

