

The Lie of Control: A Reflection Guide

Adult Sunday School | Faith Community Church

“Come to Me, all who labor and are heavy laden, and I will give you rest... For My yoke is easy, and My burden is light.” —Matthew 11:28–30

 **Opening Prayer-** *Lord, quiet my heart. Help me hear Your voice—not the voice of fear, not the voice of striving, but the voice of love. I want to trust You. Teach me how.*

1. Scripture Meditation

Read Matthew 11:28–30 slowly.

- What burdens am I carrying today?
- What does Jesus’ invitation to “come” stir in me?
- Where do I feel resistance to rest?

 *Write a few thoughts:*

2. Heart Inventory

- Where am I grasping for control in my life?
- What fear is underneath that control?
- What would it look like to release that fear to God?

 *Reflect honestly:*

3. Season-Specific Surrender

Consider your current season:

- **Married:** Where am I called to trust God’s design in my marriage?
- **Single:** What plans or identity am I invited to submit to Christ?
- **Young:** What small daily choices can help me learn surrender?
- **Widowed:** How is God inviting me to rest in His leadership?

 *Write a short prayer of surrender for your season:*

4. Truth to Replace the Lie

The lie says: “I must be in control.” **God’s truth says:** “You are held.”

- What Scripture speaks peace to your heart today?
- Where can you place it this week as a reminder?

 *Write the verse and where you’ll place it:*

Closing Prayer

Jesus, I come. Not with performance, but with need. Teach me to walk in step with Your Spirit. Help me release control and receive Your peace. I trust You.

Small Group Questions: The Lie of Control

1. What does “control” look like in your life right now?

Are there areas where you feel responsible for outcomes that only God can truly govern?

Scripture: Isaiah 55:8–9 – “For my thoughts are not your thoughts...”

2. Read Genesis 3:1–6.

How did the serpent’s lie about autonomy (“you will be like God”) echo in your own temptations to take control?

What does this passage reveal about the roots of the control lie?

3. Consider Psalm 115:3 – “Our God is in the heavens; he does all that he pleases.”

How does this truth challenge your desire to manage or predict outcomes?

What emotions surface when you truly rest in God’s sovereignty?

4. Think about a time when surrendering control led to unexpected peace or provision.

What helped you release your grip in that moment?

Scripture: Philippians 4:6–7 – “Do not be anxious about anything...”

5. Read Matthew 6:25–34.

Jesus invites us to trust the Father’s provision.

What practical step can you take this week to live out that trust in a specific area of your life?