

# FEELING LIKE IT'S ALL UP TO ME

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## INVITATION

*Are you willing to give up on your own ability, and trust the God who would rather die than live without you?*

Last time in *Not Feelin' It*, we looked at the difference between what we *know* and what we *feel* and how often, the two do not line up. We discovered that our emotions are neither good nor bad but they can sure get tangled up in a lot of different ways! We can let emotions control us, or we can embrace and own them, asking God to show us what they are revealing and how to walk in freedom.

We've probably all wondered at some point in our lives — *if God can change our lives and fix our circumstances, why doesn't He?* Often when God doesn't change our circumstances we want to take matters into our own hands. This is so easy and tempting since things often don't go the way we think they should.

In our first lesson *Does God Really Care?*, we dove deep into our concept of God and compared our perceptions to the true character of God. In doing so, we discovered that we are infinitely loved by a God who would rather die than live without us. Knowing that, are you willing to give up on your own ability and instead trust Him?





## THE KNOT

*If God can, why doesn't He? Does He really care? Can I trust Him to do what I think is best?* If the answer to these questions is no, then we will try to control the outcomes of our circumstances which actually creates a tangled mess — attempting to control our lives always creates chaos and death.

There are many different ways we control. It can either be overt yelling and physical violence, or it can be covert and subtle. People-pleasing is even a form of control. If we need to be treated in a certain way to feel loved and accepted then we are going to act a certain way to make that happen. Control can also mean we shut people or events out of our lives because they are too much for us to handle. Ultimately, control is either attempting to gain acceptance, love, or worth, or it's trying to defend against being hurt.

If we want to understand what areas of our lives we try to control, we can ask ourselves this question — how do I try to get my needs met?

The truth is, everyone who is trusting their flesh is attempting to control someone or something. Did you know that we even at times try to control God by doing “good” things, or participating in “Christian” work or disciplines? Anything done in our own effort, even in an attempt to serve Him is control. Every one's flesh is controlling. It's only as we learn to rest and look to Christ and who we are in Him that we can slowly begin to give up control. That is God's solution for us.



## THE UNTANGLE

God wants to be your peace, joy, patience, security, and acceptance. When He can be those things to us, we can begin to release our grip of control because He is trustworthy and reliable. God is the One that created us with needs that only He can fill:



“And my God will supply all your needs according to His riches in glory in Christ Jesus” (Philippians 4:19).

We were designed to live dependent on God, and when we’re depending on Him, it sets us free.

“It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery” (Galatians 5:1).

When we try to control things, we’re not free. In fact, the thing we are trying to control is really controlling us. When we’re able to rest in Him, it allows us to become authentic and genuine, as a unique expression of the life of Christ.

The truth is, we don’t need to have all the answers — not for ourselves and not for our children, our spouse, our friends, or our co-workers. We are able to talk to God about every circumstance in our lives and He is able to work it out. We can go to Him in prayer and say “Lord, I can’t control this. I can’t figure it out.” In second Peter it says:

“Seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence” (2 Peter 1:3).

We spend so much time and energy trying to figure things out when all along, God is the solution and is so willing to show us! Just like our salvation, it’s not about attaining, it’s about receiving. When you receive, you’ll learn to live *from* God instead of living *for* Him.

This can be easier said than done, and we can sometimes stumble into roadblocks that keep us from trusting God in the midst of our struggles. Here are three reasons why we might try to control our circumstances and the people around us.

## **1. I believe that God doesn’t care about my problems.**

While you might believe this, Proverbs tells us:

“Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight” (Proverbs 3:5-6).

God cares about the big and little things in your life because He cares about you. He is so intimately acquainted with you that He knows the number of



hairs on your head. If He's counting every hair, He is certainly concerned about your circumstances and relationships. God wants you to experience freedom and He wants you to trust Him in all things. He is not a control freak, He simply wants to show us a better way. He loves you and He is the One Who knows your future.

## **2. I believe God doesn't understand my emotions.**

While you might believe that God doesn't "get" what you're going through, His Word tells us:

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

God is the only one who does get us; after all, He created us! Nothing is too big or small. Jesus felt deeply and He went through painful times and outright rejection. However, He always looked to His Father for wisdom in every situation. He always chose to trust His Father in the midst of negative emotions, He invites us to do the same. It's not about achieving something, it's about receiving the gifts that we've already been given because we are worth it.

## **3. I believe that trusting God with the outcome of things in my life means I will be left feeling sad, hurt, and rejected.**

While you may be fearful about trusting God with your circumstances, God wants you to know and trust His character of love toward you. Scripture says:

"There is no fear in love; but perfect love casts out fear" (1 John 4:18a).

What does love have to do with fear? If you receive His love and understand that He loves you unconditionally, no matter what you just did, or said, or thought, then what are you afraid of? You might be afraid someone is going to reject you but God says you are valuable, loved, and accepted by Him. When you start looking at His perfect love, it starts to dispel your fear and you can begin to release the control you are trying to hold over your circumstances. You don't have to take charge anymore. Let God do His job.

Trusting God means you have to surrender the results of your circumstances. You can hold the people and circumstances in your life with a tight grip — so tight that your hands get tired. Or you can hold them with an open hand and



trust them into God's care, and relax. Giving up control and trusting God is not passive, it is waiting for His direction and leaving the results to Him.

Being able to trust God always comes back to our concept of who He is. If we believe God is good and that His plans for us are good, then we will be able to trust Him. In a lot of ways, trusting God is simply saying thank you, knowing that we can have joy in every circumstance because God is good and His love for us never fails.



Fear promotes control. Sit with God quietly and ask Him to show you your fears and the areas you are trying to control.

What do I fear?

Example

*Being alone*

How do I try to fix this?

Example

*Finding community*

*People pleasing*

*Manipulation*



## WRAP-UP & PRAYER

God is the only One who is able to meet our needs. Any attempts we make to do so will fail. We don't need to try and control our circumstances or the people around us. Sometimes we are going along in our lives and we want God to come and help us out with our plans. But the truth is, life is about God and He wants us to join *Him*. He invites us to come to Him, and let His life be lived out through us. He is God and we are His beloved children. We can partake in His invitation that says:

“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light” (Matthew 11:28-30).

You will find that rest is available for you to receive. Isn't that amazing? We have an amazing Father. We really can trust and rest in Him and Who He is.

*Father, I thank You that You're in control. Father, I thank You that whatever results happen, they're Yours. I'm going to do what You show me to do. I'm going to pursue what You show me to pursue. Show me the futility of my illusion of control. Remind me often that my life — and the lives of people I care about are in Your hands. You know best. I do not. I trust You to guide my steps, guard my heart, and provide for me and my loved ones a future of hope.*

### References:

All Scripture taken from the NASB version of the Bible unless otherwise indicated.



Are you feeling bogged down and tangled up in your circumstances?  
It happens so easily in this world. Regardless of where you're at in your journey, Life Untangled wants to help you experience the love and power of God in a truly meaningful way. God sees you and your circumstances, and He longs to heal your wounded soul and lead you to a place of hope. If you would like to speak with someone on our team you can do so by contacting [www.lifeuntangled.com/contact-us](http://www.lifeuntangled.com/contact-us).

We offer a safe place where you can find hope and help on your journey of healing. Our experienced Christian counseling staff helps you discover God's good intentions for your life, especially when your life feels tangled. We guide men, women, and couples through understanding unwanted behaviors, difficult emotions like anxiety, depression and anger, and most importantly, to experience God's design for victory in life.

You are not alone.

