

## Been There Stop Controlling That

### TALK IT OVER

#### Key Scriptures

*For we do not have a high priest [Jesus] who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* Hebrews 4:15-16 NIV

*Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Then he returned to his disciples and found them sleeping. ...* Matthew 26:36-40 NIV

*[Jesus] went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."* Matthew 26:42 NIV

*Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.* Proverbs 3:5-6 NIV

*"If you cling to your life, you will lose it; but if you give up your life for me, you will find it."* Matthew 10:39 NLT

Start talking. Find a conversation starter with your family and friends.

- **Easter is still a couple of months away, but do you have any favorite Easter memories or traditions?**

Start thinking. Ask a question to get your family and friends thinking.

- Which part of this message was most impactful for you and why?
- Read **Matthew 10:39**. What do you think it means to "lose your life"? How could "losing" your life actually help you find it?
- How easy or difficult is it for you to surrender to God?

Start sharing. Choose a question to create openness.

- Is there something in your life that you're trying to control that God wants you to surrender? What's one step you could take to surrender to Him this week?
- Share about a time when you were tempted to control, but chose to surrender instead. What did you learn about God through that experience?

Start praying. Be bold and pray with power.

*Father, thank You for Your Son. By going to the cross to die for our sins, Jesus showed us what it looks like to surrender our lives to You. Please show us where we're trying to control our lives and help us to trust You with these things instead. We want to live fully surrendered to You. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- **When you notice yourself trying to control this week, pause and find a way to surrender instead.**
- **Want to learn more about why Christians celebrate Easter? Read this: [www.go2.lc/whyeaster](http://www.go2.lc/whyeaster)**
- Start the *Jesus Can Relate* Bible Plan using Plans With Friends: [www.go2.lc/beenthere](http://www.go2.lc/beenthere)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.