

Control

As I was seeking the Lord in prayer, I saw the word “Control” scrolling through my mind. I immediately asked the Lord to forgive me for any areas where I was trying to control things (When we try to control, we are not relying on Him).

As I worked my way through the process of my own “control issues” I knew immediately what I needed to write on today. Proverbs 1:23 says, “Turn you at my reproof: behold, I will pour out my spirit unto you, I will make known my words unto you.”

Before you go any farther, I want you to ask yourself this question, “To what degree do you rely on God? And where exactly have crossed over into control?”

So, what exactly is control?

It is the power or ability to regulate or guide.

It means to hold back, to restrain, curb, or corral.

It is the opposite of trust.

It is not just an outward behavior, but it actually stems from issues within the heart.

You see, I do a lot of counseling. The number one major roadblock to a healthy relationship with God (or with others) centers around the lack of trust. It is impossible to have a close, intimate relationship with anyone we do not trust. Trust involves knowing that the other person has your best interest at heart. Trust says no matter what I see, I know you’ve got my back.

Respect and intimacy are the foundation on which all loving relationships are built. Without these there can be no trust. Trust is not only important but vital in relationship because it influences our responses and behavior. Control will take over in a relationship when trusting goes missing.

When people control things, there is always an underlying reason behind the control and their inability to trust God is at the core. Most of the time we try to control people or situations to protect ourselves. By doing this, we hold ourselves back from going to any deeper levels of trust because we’re reluctant to give that person full control over us in the first place.

Side note: A new psychological study showed that when people display control tendencies, others trusted them less. Wow!

When we try to influence people or situations to get a specific outcome, we try to control the outcome. We control because we feel more vulnerable to get hurt if we don’t. The lack of trust is the catalyst behind control issues and any psychologist will tell you that with the lack of trust comes various forms of control. It’s a proven

truth that doesn't change. If you control things, you are not trusting God with outcomes.

I often give this analogy concerning trust: Trust is as vital for any healthy relationship as oxygen is vital to a scuba diver for survival is impossible without it!

As you've been reading this you know there are areas in your life where you have been "controlling" things. God has created each one with the ability to choose. This means that we are not forced to trust Him with certain things in our life. God knows what will happen tomorrow, next week, next year, the next decade and way beyond.

God is able to take any circumstance or life's directions and bring about His plan for your life. No matter what happens in the world around you, God is there for you. You are God's, and you can rest on the promises that "All things work together for good for those who love God and are called according to His purposes."

God says, " I Am God, and there is no one like me. Trust Me. I see what you cannot. I am at work."

Heavenly Father,

Forgive me for trying to control. You said, if I repent that You will not only pour Your Spirit upon me, but You will make Your words known to me. Today, I willingly let surrender and give You control. Help me if I should forget and start to do things on my own again. Prick my heart to stop and seek You. Help me to look to You and to not try to control others or situations around me. Lord, I want to follow Your ways and only Your ways. I want what You desire for me. Help me to recognize what is You and what is not You. Help me to see it is You who closes one door as I trust You to open the one you want me to walk through today.

In Jesus Name.

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