**BETTER TOGETHER** in 2022

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**Fill Up**

**The Emptiness of Control**



**Are there some ways in which you are controlling?** Do you have a felt need to control situations, people, or outcomes? Maybe the better question is: How would your family or friends answer that for you?

We all like control to one degree or another.

We are born with the basic need for **security**.

This basic need seems to sometimes extend to all aspects of ‘safety/security’ in our lives– financial security, emotional security, security in one’s future, as well as physical safety. This is why so many of us struggle with feelings of insecurity, anxiety, and stress in times where there seems to be little order and predictability. We want to feel secure.

Our desire for control is rooted in **insecurity**.

Some of us have experienced pain or hardship, and our need for feeling in control in present circumstances is based on the disappointment of those past experiences. Maybe we have a hard time trusting others to do what is best. Maybe we have a fear of failure, or a fear of rejection and disapproval. Whatever it is, the insecurities we feel can turn us into what we call “control freaks,” because we fear our **preferred** outcomes may not come about. In other words, we are simply trying to avoid “bad” outcomes.

We are born into a propensity toward **control**.

*Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden’?” And the woman said to the serpent, “We may eat of the fruit of the trees in the garden, but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’” But the serpent said to the woman, “You will not surely die. For God knows that when you eat of it your eyes will be opened,* ***and you will be like God****,* ***knowing good and evil****.”* ***Genesis 3:1-5***

Satan tells Eve in so many words that “once you eat of the tree, you will know best!” And since the fall, we have all been born with a propensity that tells us, “We know best.”

It is in our nature to want to be in control of our own lives. No one likes uncertainty. And the idea of not getting our preferred outcomes can cause us to want to take more control, but …

Our “having control” is an **illusion**. We are not in control of everything, and nor were we ever meant to be. We are not capable   
… no matter how much you believe you are or how hard you try.

Controlling people are more prone to experience **anxiety**.

Control is the enemy of **rest**. Trying to have control will leave us **exhausted** and **empty**.

**Big Idea**: The only way to experience the full life is to **fully surrender** to the Lordship of Jesus.

*Come to me, all who labor and are heavy laden, and* ***I will give you rest****. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For* ***my yoke is easy****, and* ***my burden is light****.”* ***Matthew 11:28-30***

**Jesus offers us the rest that we are looking for** **in life**. But we must surrender full control.

**Santos’ story**

Control is an issue of **lordship**. It would not be wise to totally leave Jesus out of the equation of our lives. And it is also not wise to treat Him like He is our co-pilot.

***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 straight your paths****. Be not wise in your own eyes; fear the LORD, and turn away from evil. It will be healing to your flesh and refreshment to your bones.* ***Proverbs 3:5-8***

To trust in the Lord is to continually relinquish **full** control. Quit trying to control so many outcomes.

For God gave us a spirit not of fear but of power and love and self-control. **2 Timothy 1:7**

Being controlling is paradoxically a lack of **self-control.**

Self-control = **a** **continual** **surrender to the Lordship of Jesus**

**To relinquish control, we must:**

1. **Quit** leaning on our own understanding. (Vs 5)
2. Acknowledge the Lord’s rightful **place**.

* Acknowledge the Lord’s **providence**.

And my God will supply every need of yours according to His riches in glory in Christ Jesus. **Philippians 4:19**

The heart of man plans his way, but the Lord establishes His step.

**Proverbs 16:9**

* Acknowledge the Lord’s **sovereignty**.

"I am God, and there is no other; I am God, *and there is none like me, declaring the end from the beginning and from ancient times things not yet done, saying, "My counsel shall stand, and I will accomplish all my purposes."* ***Isaiah 46:9-10***

1. Let go of **power** and surrender in **prayer**. (Vs 7)
2. Find **rest** in Him. (Vs 8)

*You keep him in perfect peace whose mind is stayed on you, because he trusts in you.* ***Isaiah 26:3***

Experience life to the full; **fully surrender** to the Lordship of Jesus.