

## Giving Light Devotional Podcast EP61: Out of Control

What do you do when your plans don't pan out the way you thought they would? Why is it that you can do everything right and still experience suffering? How do we find peace when circumstances are out of our control? In this episode, we will explore these questions and more. We'll look at some Biblical authors who wrestled with the same frustrations, and we'll hear what Jesus has to say in response.

### SCRIPTURES:

**Ecclesiastes 1:2**, "Vanity of vanities, says the Preacher, vanity of vanities! All is vanity." (ESV)

**Hebrews 6:18**, "so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us." (ESV)

**Jeremiah 29:11**, "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." (ESV)

**Romans 8:28**, "And we know that for those who love God all things work together for good, for those who are called according to his purpose." (ESV)

**Matthew 6:25-33**

**Psalms 73**

### QUESTIONS:

1. What are some areas in your life that currently feel out of control?

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2. In the areas that feel out of control, have you been trusting in God or in your own strength/intelligence/ability to solve the problem?

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3. In the areas that feel out of control, what does God say?

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### **ACTIVATION:**

Identify an area of fear, worry, or frustration in your life. Be honest with God about how you feel. In private with the Lord, tell Him everything. Like the Psalmists, don't hold back.

After you have given voice to your emotions as accurately as possible, take a moment to be still and silent. Imagine Jesus sitting with you. Ask, *Jesus, how do you feel about me?* Listen to what He says. If the answer produces love, peace, or calm, it is probably God. Write it down or record it in a voice memo.

Ask, *Jesus, what do you think about this situation?* Again, listen and record what He tells you. End by thanking God for all the ways He has come through for you in the past—in this area or in others. If you can't think of one in your own life, find someone in Scripture who dealt with a similar situation but chose to trust God, and see how their story ended.

When the frustration creeps back in, rehearse the promises of Scripture, the promises God has spoken to you, and the testimony of victories you have seen in the past.