

Travel Light

Letting Go of Control

TALK IT OVER

Key Scripture

26 In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, 27 to a virgin betrothed to a man whose name was Joseph, of the house of David. And the virgin's name was Mary. 28 And he came to her and said, "Greetings, O favored one, the Lord is with you!" 29 But she was greatly troubled at the saying, and tried to discern what sort of greeting this might be. 30 And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. 31 And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. 32 He will be great and will be called the Son of the Most High. And the Lord God will give to him the throne of his father David, 33 and he will reign over the house of Jacob forever, and of his kingdom there will be no end."

34 And Mary said to the angel, "How will this be, since I am a virgin?"

35 And the angel answered her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy—the Son of God. 36 And behold, your relative Elizabeth in her old age has also conceived a son, and this is the sixth month with her who was called barren. 37 For nothing will be impossible with God." 38 And Mary said, "Behold, I am the servant of the Lord; let it be to me according to your word." And the angel departed from her.

Luke 1:26-38 (ESV)

Start talking. Find a conversation starter for your group.

- How do you think you'd respond if you were Mary or Joseph in their situation in Luke 1:26-38?
- If total trust is a 0, and total control is a 10, where do you land on the control scale?

Start thinking. Ask a question to get your group thinking.

- What do you think motivates our desire for control?

Start sharing. Choose a question to create openness.

- What are you trying to control that's outside your control?
- When is the last time you surrendered control and trusted God with something you cared deeply about? What happened?
- What would you have to do to give up control and trust God with the specific things you're trying to control?

Start praying. Be bold and pray with power.

God, we trust You. Thank You for sending Jesus. Thank You for showing Your love and care for our world and each person in it. We're trading control for more of Your presence and guidance in our lives. We invite You to fill our hearts, even now, with more of You as we release our worries to You. Amen!

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

- If you haven't yet, write down the areas where you're intentionally surrendering control to God: marriage, past, relationships, school, finances, future, job, health, kids.
- Do one thing each day this week that forces you to rely on God and others for the outcome.
- Share your progress and growth with another group member.

Personal Reflection and Prayer

- Read Matthew 6:25-33
- Think about what Jesus is saying.
- Listen to "Wildflower" by Clay Finnesand (YouTube)
- Reflect and Pray.