



WEEK 3 // LOSING CONTROL
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Control your feelings or your feelings will control you.

Losing _____ control _____.

_____ Fight _____ against your destructive feelings.

1. Fight for a new _____ narrative _____.

“Those who continue to be mastered by their feelings...are typically persons who in their heart of hearts believe that their feelings must be satisfied.” — Dallas Willard

I cannot control my **circumstances**, but I can control my **narrative**.

Then Jesus was led by the Spirit into the wilderness to be **tempted** there by the devil. *Matthew 4:1*

Resist the devil, and he will **flee** from you. *James 4:7*

2. Never fight _____ alone _____.

...so it is with Christ's body. We are many **parts of one body**, and we all belong to each other. *Romans 12:5*

“It takes a network to defeat a network.”
— General Stanley McChrystal

3. _____ Slay _____ your _____ dragon _____.

Then he said to the crowd, “If any of you wants to be my follower, you must **give up** your own way, **take up** your cross daily, and **follow me.**” *Luke 9:23*

So **put to death** the sinful, earthly things lurking within you. *Colossians 3:5*

“Christ says...I have not come to torment your natural self, but to kill it. No half-measures are any good...hand over the whole natural self, all the desires which you think innocent as well as the ones you think wicked—the whole outfit. I will give you a new self. In fact, I will give you myself: my own will shall become yours.”
— C.S. Lewis

We must _____ give _____ the _____ sword _____ to Christ.

What would it look like for you to **lose control** this week?

To further explore and apply this message with your small group, visit eclife.org/groups to access this week's group discussion questions.