



INTRODUCTION

In times of uncertainty, we want assurance, safety, and peace. To get those things, we often take matters into our own hands and try to control – both our environment and people within that environment. But this can have devastating consequences for our relationships and our own journey through life. God provides us a different way to deal with the uncertainty that will help us come to a place where we know that He is our God and He is in control.

PART 4

VIDEO NOTES

Opening with a story about a day where everything went wrong, Buck shared about his attempts to control his circumstances and the people in his life when things continued to get worse and worse. We've all had days when things go south, but currently, we seem to be in a *season* where things seem uncertain, unstable, and unpredictable. How do we manage this without trying to control everything around us and thus, damaging ourselves and our relationships?

In our attempt to **gain control**, we often **lose control**.

There *is* something all of us can do regardless of how bad things may get that will allow us to experience security and safety. The Psalmist tells us in Psalm 46:10 to “Be still...” meaning to stop, to release, and to cease striving. This is hard for many of us. We are often fiercely independent and we want to figure out everything on our own. But this often leads to us creating more problems. Instead, what if we tried something

different during days or seasons of uncertainty and instability? Buck challenged us to start by opening the pages of Scripture and really get to know God. One great place to start is by using the acronym S.O.A.P., which stands for Scripture, Observation, Application, and Pray. You can use this tool with any passage of the Bible.

He also challenged us to open our hands, to spend a few minutes just listening to God. We may not always hear something. We may not always feel something. But we can always trust that He is with us and that we are not alone. The more time we spend with God, the more our perspective shifts. It seems our problems become smaller as He becomes a greater presence in our lives.

LET'S TALK ABOUT IT

1. Have you ever had a day or season (besides this one) where everything went south? What happened?
2. Buck confessed that when everything seems to be spiraling out of control, he's tempted to try to get control of the people/situation. What are you normally tempted to do when you feel like everything is going wrong?
3. What are some of the dark sides of control that you've experienced, either as the one who's trying to control or the one who's being controlled?
4. Read Psalm 46. What are some of the ways you've felt/seen God be your ever-present help?
5. If you were to trade your controlling actions for being still, what might that look like in your life? Why do you think God invites us to be still with Him?
6. What makes it hard to choose to be still, to read your bible, and to be honest with God?
7. What are some of the things you've been doing that help you be still and know that God is in control?

THIS WEEK

Consider spending some time with God this week, either through reading your Bible or being still with your hands open. If you feel hesitant, ill-equipped, or uncertain about doing this, know that's okay.

Timothy Keller, a NY Times best-selling author writes, *"I can think of nothing great that is also easy. Prayer must be, then, one of the hardest things in the world. To admit that*

prayer is very hard, however, can be encouraging. If you struggle greatly in this, you are not alone."

Perhaps the first step for you is simply telling God how you feel about spending time with Him and His Word.

"Be still, and **know** that I am **God**."

Psalm 46:10