



Defeating The Enemy Of Control | Week 6 DISCUSSION GUIDE

OVERVIEW

In this message, we will learn that by recognizing unhealthy control, releasing it to God, and trusting in His protection and provision, we can find strength and peace during challenging times.

DISCUSSION

King Hezekiah's story illustrates how a desire to control can hinder faith. Though a faithful king, Hezekiah succumbed to pressure and stripped gold from the Temple to appease the Assyrian king, showing how unhealthy control can lead us to rely on our own strength instead of God. We can recognize when control is a problem and choose to lean on God, especially during challenging times.

- What are some areas where you struggle to trust God?
- How have you seen fear lead to unhealthy control?
- Galatians 5:22-23 describes self-control as a fruit of the Spirit. How can we cultivate self-control in a way that strengthens our trust in God rather than attempting to take unhealthy control over situations or people?

Three Keys to Overcoming Control:

1. Recognize

We need to recognize areas of unhealthy control in our own lives. The message focuses on the need to recognize areas of unhealthy control in our lives. King Hezekiah's story highlights how failing to identify control issues can lead to fear-driven decisions and compromise, as illustrated in 2 Kings 18:14. When we hold onto control, we often experience stress, compromise sacred values for a false sense of security, and damage relationships. The message encourages self-reflection to identify why we try to control certain areas and what fears may be underlying those tendencies. Often, the desire for control stems from past hurts and fear. By depending on God, as Jesus teaches in **John 15:5—“Apart from Me you can do nothing”**—we can release control and bear more spiritual fruit, allowing for greater peace in our lives.

- How does seeing Jesus as the source of strength shift your perspective on areas where you struggle to let go of control?
- The message mentioned that control often stems from past wounds and fears. How can you begin to address the fears behind your desire to control, and what practical steps can you take to trust God more in those areas?

2. Release

Release control to God and find strength in surrender. Release control to God and find strength in surrender. This message highlights how, like King Hezekiah, we often feel overwhelmed when we rely solely on our own strength. Initially, Hezekiah tried to handle the threat from Sennacherib by paying a tribute, but when the enemy persisted, he finally gave the situation to God. In 2 Kings 19:14-19, he laid the threatening letter before the Lord and prayed for help, demonstrating that prayer should be our first response, not our last resort. The enemy may try to fill us with fear and doubt, but by bringing these challenges to God, we can trust in His strength and provision.

- How can you make prayer your first response when feeling attacked?

3. Receive

Receive God's protection and provision.

Recognize Control => Release Control => Receive God's Protection and Provision

The final step in letting go of control is receiving God's protection and provision. After Hezekiah surrenders, God responds powerfully. In 2 Kings 19:20, Isaiah assures Hezekiah, ***"Because you have prayed to Me... I have heard you."*** God then fulfills His promise, saying, ***"I will protect this city,"*** and sends an angel to defeat the Assyrian army, miraculously saving Jerusalem (2 Kings 19:34-35). Hezekiah's story shows that when we release control, God provides strength, protection, and victory. The fact his name means "God strengthens" reminds us to trust in God, Who alone offers new strength, as promised in Isaiah 40:31.

- In 2 Kings 19:34-35, God declares, "I will protect this city," and then delivers Jerusalem from the Assyrian threat. When have you experienced God's protection after surrendering control of a situation?

LIFE CHALLENGE

This week, identify one area of your life where you struggle with unhealthy control. Reflect on how this desire for control may stem from fear or past wounds. Use the story of King Hezekiah as a guide to recognize your tendency to rely on your own strength instead of trusting God.