



Travel Light

Letting Go Of Control  
Presenter: Jim Hammond

Talk It Over

Travel Light  
Week 4:  
"Letting Go Of Control"

### SMALL TALK

1. What do you try to control that is outside of your control?
2. What was your last difficult decision to make? How'd you make it?

### VIEWPOINT

3. **READ Luke 1:26-38.** If you were Mary or Joseph in this situation, how do you think you would have responded? When Mary "surrendered" her will to God's will (1:38), how aware do you think she was to the potential "downsides" of her decision? What "upsides" do you think she focused on? What past "dreams" about what her life would have been like did she have to "let go" to embrace this new destiny?
4. **READ Matthew 10:39; 16:25.** What do these teachings of Jesus mean? Can you think of examples that demonstrate how this works?
5. **READ Philippians 2:5-11; and Luke 22:42.** How did Jesus model "letting go of control" by surrendering" to God's will?

### GETTING PERSONAL

6. When was the last time you surrendered control and trusted God with something you cared deeply about? What happened?
7. What would it look like for you to exercise more trust and less control in a specific matter you typically try to control?
8. Write down the areas where you are intentionally surrendering control to God: Marriage, past, relationships, school, finances, future, job, health, kids, what people think of you....
9. Do one thing each day this week that forces you to rely on God and others for the outcome.

I. Recognize what you can't \_\_\_\_\_

II. \_\_\_\_\_ the one who is in \_\_\_\_\_

III. What are you trying to \_\_\_\_\_ that you need to \_\_\_\_\_?

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