

Letting Go of Control

Scripture

*"When I am afraid, I will put my trust in You."
Psalm 56:3*

Reflection

We like to be in control. We want complete information, clear answers, and predictable outcomes.

Yet there are moments when we reach the limits of our own strength and understanding. David knew those moments well. He had enemies he could not always defeat and circumstances he could not control.

Psalm 23:5 pictures him doing something unexpected. He sits down and eats.

That kind of rest requires trust. David believed that God was capable of caring for what David could not control.

Faith often begins where our illusion of control ends.

Illustration

A passenger on an airplane cannot control the weather, the engines, or the route. The passenger rests because someone else is responsible for flying the plane.

Much of our anxiety comes from trying to control things that were never ours to control.

Application

Write down one situation you are trying to control.

Pray specifically, "Lord, this belongs to You." Then focus your energy on the responsibilities God has actually given you.

Prayer

Father, I confess that I often want control more than trust. Help me surrender what I cannot manage and faithfully obey You in what You have placed before me. Amen.