

## **Unpack the Preach – 11<sup>th</sup> September – Letting go of control**

### Introduction

Do you think you are a 'control freak'? What sort of things do you like to control? How do you feel when you are in control? How do you feel when things are outside your control?

Read **2 Kings 5: 1 – 19**, paying particular attention to the control that each character in this account has.

### The little maid

How do you think you would have felt if you were in the slave girl's situation? What stands out to you about her?

Has God been laying anything on your heart recently? Are there things (injustices / social concerns / people / situations) that seem to keep coming to mind? What do you think God wants you to do about it / them?

Augustine said: "Without him we can't, without us he won't." Do you agree? Can you think of any examples?

Clare spoke about how God has spoken to her through her children and improved her work through the advice of a heroin user. What different methods has God used to speak to you? Have there been times when you have initially missed what God was saying because of who or what God was speaking through?

Our own problems can become so overwhelming, they are all we see. How can we still manage to look outwards and away from our problems? What are the benefits and difficulties of doing that?

### Namaan's wife

What can we learn from Naamaan's wife?

### Namaan

How would you have felt knocking on Elisha's door? Do you ever play out situations in your head, imagining what could happen? Do things tend to go the way you expected? How do you feel when they don't?

When there is a problem, how do you normally pray about it?

Lots of things are happening in our world at the moment that are outside our control. Are there any that particularly bother you? How does it make you feel, think and behave?

When our emotions are strong, the logical part of our brain shuts down. What can we do to counter this? Namaan had staff who managed to reason with him, are there any people you are able to talk things through with?

Does remembering that everything we have comes from God make you feel better or worse? Why?

'Stop struggling' is a difficult command. Have a look at 1 Peter 5: 6 – 7 and Psalm 46: 10. What practical steps can we take to help us live as these verses suggest?

Namaan did not know God, which made it even more difficult for him to trust him. Corrie Ten Boon said "Never be afraid to trust an unknown future to a known God." What can you do to get to know God better? Are there any situations you can share with the group where God has been faithful?

Look at 2 Kings 19: 14 - 19. How does King Hezekiah approach his situation differently to Namaan? What can we learn from this? How should we talk to God about our problems?

[Links to two songs that may help you to meditate on the message](#)

Lauren Daigle - Trust in you

[https://www.youtube.com/watch?v=n\\_aVFVveJNs](https://www.youtube.com/watch?v=n_aVFVveJNs)

Wayne Drain – You are the Lord, You never change.

<https://www.youtube.com/watch?v=9c9rW7FlxRU>