



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 10. Uncovering your wounds and finding HEALING.

Week 38: Physical and emotional pain, **FEELINGS** and their controlling impact.

Video: Unconditional

[Click here to watch a video clip in our Vimeo account.](#)

Word of the Week: Control

Theme verse: *When you were slaves to sin, you were free from the control of righteousness. What benefit did you reap at that time from the things you are now ashamed of? Those things result in death!* – Romans 6:20-21

Theme Quotes: “Loosening control of your life into God’s hands brings an overwhelming sense of peace and confidence.” – Dan Ellis

“You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.” – Brian Tracy

John Eldredge: “Every man carries a wound. I have never met a man without one. No matter how good your life may have seemed to you, you live in a broken world, full of broken people.”

Questions: What in your life do you have control of? Can anyone really be in control of their life and their destiny? Have you made progress in striving for self-control?

Highlight Video: God’s Chisel, Skit Guys

[Click here to watch in our Vimeo account.](#)

Word of the Week: Control

Dictionary:

verb, controlled, controlling

- to exercise restraint or direction over; dominate: command:

The car is difficult to control at high speeds.

- to hold in check; curb: *to control a horse; to control one's emotions.*

noun

- the act or power of controlling; regulation; or command: *Who's in control here?*
- check or restraint: *His anger is under control.*

Quotes: “When you accept the fact that sometimes seasons are dry and times are hard and that God is in control of both, you will discover a sense of divine refuge, because the hope then is in God and not in yourself.” – Charles R. Swindoll

“All of a sudden you realize that you are the person who has control of your life.” – Jim Henson

“Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. To these I commit my day.” – Max Lucado

“Loosening control of your life into God’s hands brings an overwhelming sense of peace and confidence.” – Dan Ellis

“The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you’re in control of your life. If you don’t, life controls you.” – Tony Robbins

“God has equipped you to handle difficult things. In fact, He has already planted the seeds of discipline and self-control inside you. You just have to water those seeds with His Word to make them grow!” – Joyce Meyer

Bible: Job 37:14-15

“Listen to this, Job; stop and consider God’s wonders. Do you know how God **controls** the clouds and makes his lightning flash?”

Proverbs 16:31-32

Gray hair is a crown of splendor; it is attained in the way of righteousness. Better a patient person than a warrior, one with **self-control** than one who takes a city.

Proverbs 25:27-28

It is not good to eat too much honey, nor is it honorable to search out matters that are too deep. Like a city whose walls are broken through is a person who lacks **self-control**.

Romans 6:20-21

When you were slaves to sin, you were free from the **control** of righteousness. What benefit did you reap at that time from the things you are now ashamed of? Those things result in death!

1 Corinthians 7:9

But if they cannot **control** themselves, they should marry, for it is better to marry than to burn with passion.

Galatians 3:22

But Scripture has locked up everything under the **control** of sin, so that what was promised, being given through faith in Jesus Christ, might be given to those who believe.

Galatians 5:22-24

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and **self-control**. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

1 Thessalonians 4:3-5

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to **control** your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God;

Titus 2:11-12

For the grace of God has appeared that offers salvation to all people. It teaches us to say "no" to ungodliness and worldly passions, and to live **self-controlled**, upright and godly lives in this present age.

2 Peter 1:5-7

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, **self-control**; and to **self-control**, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.