

EXTRA

GRACE REQUIRED



PART 5 The Control Freak



POSITIVE CONTROL

I must be controlled by the Holy Spirit.

"You are controlled by the Spirit, not your sinful nature, if the Holy Spirit is living in you."

ROMANS 8:9

POSITIVE CONTROL

I must be self-controlled.

"God's grace has now appeared; it offers salvation to all. It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives while we wait for the blessed hope—the glorious appearing of our great God and Savior, Jesus Christ."

TITUS 2:11-13

NEGATIVE CONTROL

I must never forfeit moral control.

"Where there is no revelation of God, people cast off restraint [they have lost control]."

PROVERBS 29:18

NEGATIVE CONTROL

I must never lack self-control.

"A person without self-control is like a doorless house."

PROVERBS 25:28



CARICATURE *of a* CONTROLLER

"Jesus began to explain to his disciples that he would be crucified. But Peter took him aside and began to rebuke him. 'Never, Lord! That's not going to happen!' Jesus turned on Peter, 'Get behind me, Satan! You're a stumbling block to me; you don't have in mind God's concerns, just your own.'"

MATTHEW 16:21-23



A WORKING DEFINITION

A control freak maneuvers and manipulates to satisfy his or her concerns before or to the detriment of the concerns of others.



GOOD CONTROL

Essential for safety and security

Fosters confidence and contentment in life

Basic to the hierarchy of needs

Neutralizes vulnerability

LOSS OF CONTROL

Feelings of helplessness

Fosters fear

Insecure living

Produces compensating control

"When you don't have control over your inside world, you ... sedate yourself by controlling the outside world of events and people."

EDIE RAETHER

THE CONTROL FREAK'S BEHAVIORS

- 1 They tend to be invasive and obsessive.
- 2 They tend to be perfectionistic and judgmental.
- 3 They tend to be self-justified and insufferable.

THE CONTROL FREAK'S MOTIVES:

- 1 They operate from fear.
- 2 Their effort to control actually creates more stress than the feeling of not being in control.
- 3 Their excessive control masks low self-esteem.

ROMANS 12:18

*"If it is possible, as far as it depends on you,
live at peace with everyone."*

COPING WITH A CONTROLLER

1

I must exert control over the control freak within.

1 THESSALONIANS 4:11

"Make peaceful living your goal; mind your own business; do your own job."

COPING WITH A CONTROLLER

2

I must build the controller's character as I blunt their control.

EPHESIANS 4:15
"Speak the truth in love."



BLUNTING/BUILDING

Pinpoint their real need and then proactively meet it.

PHILIPPIANS 2:4, AMPLIFIED

"In humility think more of each other than you do of yourselves. Don't think only of your own affairs; learn to see things from other people's point of view."



"To cope, you have to figure out how to give Control Freaks what they want without compromising your own needs."

GERALD PIAGET





PROACTIVITY WITH A CONTROLLER

- ~ Communicate their value in a way that erases the shame.
- ~ Compliment them where appropriate.
- ~ Challenge them to consider more effective ways to communicate their concern.



USE A PRO/CON CARD WITH A CONTROLLER

Pro: List 3 things you like and *why* you like them.

Con: List 3 things you would change, and *how* you would change them.



PHILIPPIANS 4:29

"Use only helpful words, not harmful, the kind that build up and provide what is needed, so that what you say will do good to those who hear you."

COPING WITH A CONTROLLER

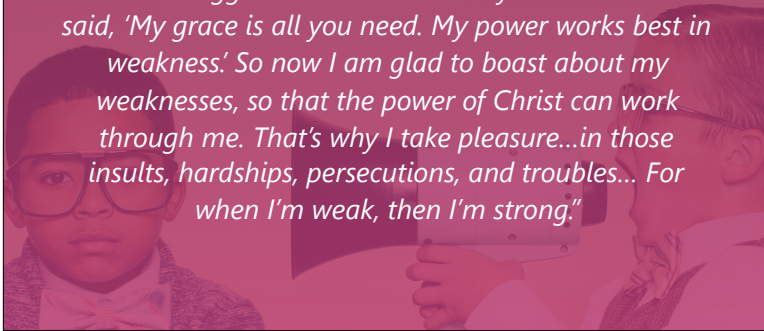
3

I must leverage the help buried within the control freak's effort to control me.



2 CORINTHIANS 12:7-10

"To keep me from pride, God gave me a thorn, a messenger from Satan to torment me. Three different times I begged God to take it away. Each time he said, 'My grace is all you need. My power works best in weakness.' So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure...in those insults, hardships, persecutions, and troubles... For when I'm weak, then I'm strong."



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