

SURRENDER YOUR JUNIOR GOD BADGE!  

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Every Woman's Battle with Control

A Bible Study  
by Jackie Kendall

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# Introduction: Surrender Your Junior God

*Note for Leader:*

- 1.) *Scriptures are sprinkled throughout these bullet points, but the majorities of scriptures are found with the discussion questions at the end of chapter!*
- 2.) *ALSO in my focus group, I asked women to read the quotes from the chapter that grabbed their attention. It was so exciting to watch women read key quotes (always citing page where quote was) and listen to other women cheer in response—mutually impacted.*



## Outline of Important Discussion Points

### Introduction

- The controlling woman strives daily to perfect God-like qualities in her life. They may seem impressive, but they are ultimately a vain attempt to tame the untamable and to avoid suffering.
- Read the poem on p. 21, then read the story that follows p. 21-23  
When Plan B Is Your Plan A
- Eve was the first woman who decided that control was better than dependence on God
- Omnipresent woman—zooming around to be everywhere for everyone
- Omnipotent woman—unrealistic, grandiose expectations of herself, “I’ll do it.”
- Omniscient woman—driven by need to be all-knowing, constantly reading, attending seminars

- Sovereign woman-I am in charge so no one will get hurt, always wants life on her own terms
- In God's sovereignty, what looks like Plan B is actually Plan A. (Jessica W. story p. 21)
- Life is all about how you handle what seems like Plan B.
- Find peace from your exhausted life of trying to control an uncontrollable world.
- There is a refreshing place under the Tree of Surrender
- There is great freedom in letting go and not having to make sure everything is just so. Freedom to be.
- Counterfeit authority to do what cannot be done-but what every woman thinks she can do-control another person's heart p.25
- One act of faith: surrender
- Are you trying to predict behavior to gain a sense of security? p. 27
- Author's Vulnerable disclosure, pp. 23,24 "A Messiah for My Family"

## **The Original Patent for the Junior God Badge**

*“A socially acceptable addiction: Control”*

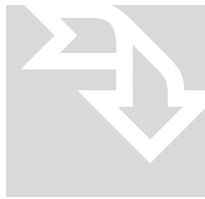


### **Outline of Important Discussion Points**

#### **Chapter 1**

- Trying to be in charge in an out-of-control world inevitably leads to exhaustion
- Eve’s overflowing desire wanted to bypass her hubby’s dominion with her own agenda and intent
- Eve exchanged dependence on the Creator for independence and a life of untamable chaos & heartache
- The serpent deceived Eve into thinking that control was better than dependence
- Daily, our lives declare our dependence or independence
- The more I feel in control the more I feel secure
- My job is to trust, obey, pray and wait

- Control is an outgrowth of fear, insecurity and lack of self-esteem. Conversely, the more secure a woman is, the less likely she will need to control. p. 38
- The attempt to change others is fueled by a dysfunctional sense of responsibility
- We became powerless over other people means we cannot change a person's behavior or interior
- Fear filled propensity to dodge suffering at all cost, avoid pain
- The source of all emotional and spiritual ills is an inappropriate effort to avoid pain p. 42
- I control because I don't want pain to come into the lives of those I love



## Discussion Questions

### Chapter 1

1. What do you think about the Evette DNA—Legacy Heirloom of Control? (Gen. 3:16) pp.30,31 (The increased anxiety mentioned in Gen. 3:16 is expounded upon in chapter 2, p. 51)
2. Do you see yourself as a woman with an overflowing desire to control? Are you thinking another woman when considering this question? (Gen. 3:6) pp.32,33
3. Take a moment to discuss the following quote: Control is an outgrowth of fear, insecurity and lack of self-esteem. The more anxious a woman is the more she wants to control and conversely, the more secure a woman is the less likely she will need to control.” (Barbara Sullivan) Are you surprised that control flows from fear, insecurity and lack of self-esteem? (Psalm 139:14) p.38
4. Do you know a woman who has a dysfunctional sense of responsibility? Is the woman you? (Gal. 6:2,5) p.41 (Clarity on the word burden in verses 2 and 5. In verse 2, the burden is like carrying 5 back-packs—of course

someone would need help. In verse 5, the word burden is like carrying a small day-pack. The controlling woman tends to want to carry it all and she helps produce a very dependent, lazy person.)

5. Spend a few moments discussing this quote: The source of all emotional and spiritual ills is an inappropriate effort to avoid pain. (II Cor. 12:9,10) p.42
6. Here are a few ways to know whether you might be a controlling person. Donald Miller wrote: (share your own example with the group): p.28
  - You imagine a life in which somebody else was different, and indirectly try to affect their change.
  - You get angry when things aren't going your way and you let people know it.
  - You can only be surrounded by people who are submissive to you.
  - You give the silent treatment to people you are angry with.
  - You are often tempted to show people the errors they don't see in themselves

## **Control Fueled by Fear**



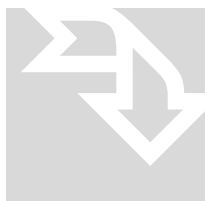
### **Outline of Important Discussion Points**

### **Chapter 2**

- The deep core of control is not strength. It is fear (anxiety).
- Control is an outgrowth of fear, insecurity and lack of self-esteem.
- “But” or “What if” creates anxiety.
- Be still and know that I am God. “Be still” means “to vacate.”  
Vacate the position of junior god Psalm 46:10
- Just another day outside the Garden p. 53
- 4 Common Fears of Controlling Women:
  1. Fear of the hypothetical “what if”
  2. Fear of intimacy = into me see pp.63-65
  3. Fear of disappointing people=people pleasing bondage p. 67
  4. Fear of failure=making wrong choice=failure as fatal to self-esteem p. 63
- There is no grace for a hypothetical situation. Grace is only available for reality, not for fantasy (Don’t go where grace isn’t)  
“Promerimnao”(Greek) ‘be anxious beforehand’



- Most of us are afraid of people seeing us as we really are
- Saying and doing what you think others want is because you are afraid of disappointing them. Underlying motive is to protect yourself. Ask Holy Spirit to reveal motives.
- When you stop pleasing people, they are no longer pleased with you.
- The good is the enemy of the best.
- Perfectionism is not about being perfect; it's about not being hurt or shamed. It's about self-protection. Perfectionism suffocates joy.
- The key is not to think you can avoid failure, but rather not to turn away from the Lord in your failure. I Samuel 12:20,21
- She is desperately trying to reign over her little portion of the universe as a wannabe deity.
- “Fear is not an idol, it is a guard outside the castle where the idol lives.”



## Discussion Questions

### Chapter 2

1. Do you, like the author, have a default button set on anxiety? (Phil. 4:6,7) pp.51-53
  1. (Beware of what some define as ‘sanctified worrying’)
2. Which of the following statements describe your ultimate fear:
  - Fear of Being Vulnerable (intimacy—in-to-me-see Ps. 51:6) pp. 62-64 (Are you are polished pretender?)
  - Fear of Disappointing People, (Matt. 23:5; John 12:43) pp. 65-67
  - Fear of Making Wrong Choices (I Sam. 12:20-25) pp. 69, 70
3. Discuss this quote: A Sure Formula for Failure: Try to Please Everyone (Gal. 1:10; I Sam. 16:7) Is this a liberating quote for you?

(Too often a woman is so focused on not disappointing those she loves, her commitment becomes an internal vow and ultimately idolatry.)

4. Discuss the principle that “There is No Grace for Hypothetical Situations” (Ps. 53:5; Matt. 6:34) Look at I John 4:18 and the torment of WHAT IF! Pp. 58-62 (The author has wasted so many brain cells on the “what ifs” of each challenging situation!)
5. Have you ever experienced Christian Blackmail? Share your vulnerable moment so others can grow and be free. (Matt. 10:16) pp. 67 (The author has given away too much money because of Christian Blackmail that arrives with the statement—‘You’re supposed to be such a good Christian.’ The author has learned the hard-way that she can’t say NO unless she has a greater YES in view.)
6. How often do you experience a paralysis of analysis when making decisions impacting your life and others? (Prov. 3:5, 6; Prov. 16:3) pp. 68, 69 (Remember that failure is never fatal because of the grace of God. King David failed many times but God’s grace allowed him to be faithful though flawed.)

## **Wannabe Omnipresent**

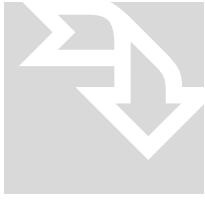


### **Outline of Important Discussion Points**

### **Chapter 3**

- Omnipresent woman strives to live the definition of omnipresent—to be in all places at all times. Zooming breathlessly everywhere—living Psalm 139:7
- Feels overly committed to being everything to her family (letting family be more intoxicated with you than Jesus) James 4:8
- A good mom does not have to be a Junior Messiah (helicopter parent)
- The power of the cross exchanges my pride for his humility, my fear of people for awe of Him
- Obedience puts my control issues to death John 3:30
- The wannabe omnipresent woman feeds the impulse of idolatry—911 mom
- Walk quietly with dependence on God, not yourself
- Don't take score at half-time (with your kids); the game is not over yet (pp.81-83)
- When we say 'yes' when our hearts want to say 'no' the internal no will grow into resentment which is sin

- “I would love to say yes, but I am going to have to say no. Thank you for thinking of me.”(This is a kind way to say NO!)
- Don’t be swept up in another person’s crisis that is a result of poor planning and becomes my emergency (I have spent so many hours consumed in a crisis that is the result of another person’s poor planning and it became my emergency!)
- The world does not revolve around you—don’t encourage the kingdom of self!
- John Wesley “Though I am always in haste, I am never in a hurry, because I never undertake more work than I can go through with calmness of spirit.”
- What can I do and remain calm in spirit. Enables you to say no without feeling guilty.
- I do not have to live breathlessly to be of great worth to God. Busyness leads to spiritual barrenness
- Unnecessary suffering for junior god badge owner because of lists of unrealistic expectations
- Expectations are pre-meditated resentment
- Resentment=drinking poison and hoping the other person dies
- Expectations are our subtle attempt to control God and manipulate mystery
- Only by surrendering myself to God’s expectations for my life can I relinquish my own
- If the Lord wills...(Critical principle to learn, James 4:13-16)
- Depression is an inevitable by-product of being a controlling woman (Depression is anger underground and the controlling woman is often angry but swallowing it and covering her angry with a big fake smile.)
- Wanting a “10” life in a “5” world pp. 92-93
- When the controlling woman tries to arrange circumstances in her life to achieve level 10, her high expectations produce resentment and depression when all she encounters is the level 5 of reality outside the Garden.



## Discussion Questions

### Chapter 3

1. Do you spend much of your day hurrying to be ‘omnipresent’ for those you love? (Psalm 139:7) p.76
2. Have you trained your family to be totally dependent on you? (II Cor. 1:8,9) pp. 77-79
3. Is it difficult for you to say “no” to a loved one—family or friend? Who is the hardest person for you to say “no” to? (husband, child, best friend, employer, etc.)
4. “They only love me for my yes!” Does the thought of saying “No” send chills down your spine? Does the prospect of someone only loving you for your “yes” make you sick to your stomach? Consider the amount of fear that prevents us from giving the honest reply of our heart. Too many replies are the reflection of tyranny of fear! Or does that comment give you the courage to consider saying “no” more often? (Acts 20:24) pp. 83,84
5. "Expectations are pre-meditated resentment." Discuss this quote and the 10 verses 5 Theory. Do you agree or disagree with the reality of the 10 verses 5 Theory and our expectations outside the Garden of Eden? (Psalm 39:7) pp.91-93
6. What do you think of the quote: Don't take score at half-time, the game is not over? (Phil. 1:6; I Thess. 5:24) Are you quick to give up hope? pp.81,82

## **Wannabe Omnipotent**

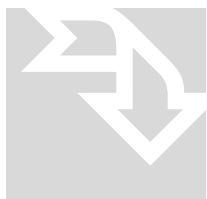


### **Outline of Important Discussion Points**

#### **Chapter 4**

- Trying to be in charge in an out-of-control world inevitably leads to exhaustion
- Eve's overflowing desire wanted to bypass her hubby's dominion with her own agenda and intent
- Eve exchanged dependence on the Creator for independence and a life of untamable chaos & heartache
- The serpent deceived Eve into thinking that control was better than dependence
- Daily, our lives declare our dependence or independence
- The more I feel in control the more I feel secure
- My job is to trust, obey, pray and wait
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- The attempt to change others is fueled by a dysfunctional sense of responsibility

- We became powerless over other people means we cannot change a person's behavior or interior
- Fear filled propensity to dodge suffering at all cost, avoid pain
- The source of all emotional and spiritual ills is an inappropriate effort to avoid pain p. 42
- I control because I don't want pain to come into the lives of those I love



## Discussion Questions

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1. What do you think about the Evette DNA—Legacy Heirloom of Control? (Gen. 3:16) pp.30,31 (The increased anxiety mentioned in Gen. 3:16 is expounded upon in chapter 2, p. 51)
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  - You can only be surrounded by people who are submissive to you.
  - You give the silent treatment to people you are angry with.
  - You are often tempted to show people the errors they don't see in themselves



## **Wannabe Omniscient**

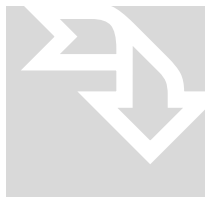


### **Outline of Important Discussion Points**

#### **Chapter 5**

- In order to control her world, she tries to be omniscient, which means having infinite awareness and understanding (Ecc. 1:18)
- Sometimes a Wannabe Omniscient becomes a ‘Bully Mom’ passionate about her formula
- She is pretty startled when her incredible formula fails i.e. the child did not turn out as wonderful as the formula promised.(Expounded upon in Chapter 9, pp.244-246)
- I no longer binge on conference material to bulk-up my omniscience.
- To avoid making mistakes—seek guarantees for avoidance of pain and avoiding pain is one of the fundamental motives of our independent, self-protective selves.
- The flaw is thinking you could ever have enough wisdom and insight to control your small part of the universe and avoid pain.
- God does not fit our formulas.(Rom. 11:33) He does not have our timing. (Isaiah 25:1) He is not subject to meeting my formulas or fixing my circumstances. He doesn’t read the post-it-notes I place all over His throne.

- BUY A SEAT-BELT for the Whiplash=when you skid down the highway of disillusionment after your formula-drive life does not produce what you assumed it would p. 129
- Life is simply not guaranteed by a formula you follow pp 129-130 Isaiah 5:1-4.
- God's intent is dependence rather than independence Ps. 119:67,71
- Where my wisdom ends, God-dependency begins (Ps. 71:5,6).
- Your job is to love your kids, pray for them and live your life in obedience Heb. 11:6.
- Trust God to pursue their hearts.
- The end of the story is not done. Trust God to go after them (Ezekiel 36:26,27; John 17:17; I Thess. 5:24). Trust He is big enough. Read story on p. 133
- The foundation of meddling is pride. I am not entitled to be included. pp. 133-135
- Wannabe omniscient women collide Phil. 4:2,3 pp.139,140.
- Are you ready to be more God-dependent than formula-dependent?
- Can you cease striving to achieve perfect parenting? Can you stop searching for the sure method?



## Discussion Questions

### Chapter 5

1. Have you considered that your thirst for knowledge flows from the desire to control your universe—especially the lives of your loved ones? (Jer. 9:23,24) pp.121-123
2. Discuss the impact of the social network on a woman's ability to be omniscient—confidently all-knowing. (Prov. 21:30)

3. Do you read books in search of formulas to help you trace God's path for you and your loved ones? (Isa. 55:8,9; Rom. 11:33) Are you a formula woman? Pp.128-129
4. Do you have a friend who has skid down the highway of disillusionment when her formula driven life didn't produce what she assumed it would? Formulas do not require you to walk by faith. (Ecc. 1:18; Heb. 11:6) p.130
5. Have you been like this Jr. God Badge owner who did not realize for years that actually where my wisdom ends, God dependency begins? (Psalm 71:5,6) pp.130-131
6. Discuss the seriousness of "Snoopervising." (I Pet. 4:15) Does it not surprise you that 'Snoopervising' is compared with criminal behavior? Pp. 133-135 MYOB Warning
7. Does it not stun you that two women who loved Jesus were referenced in the Bible because of the trouble their arguing caused? Omniscient women are often stubbornly set on their viewpoint. Paul did not simply allude to some conflict between two women, he full on called them out and even listed their names. (Phil. 4:2,3) pp.138-140 (The clashing of two passionate know-it-all women)

## **Wannabe Jehovah-Shalom, the God of Peace**

*“The Peace at any price woman—and she is often the price tag—throwing herself on anger landmines (Egg-shell Two Step) Read p. 145*



### **Outline of Important Discussion Points**

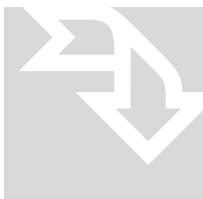
#### **Chapter 6**

- A dysfunctional sense of responsibility about the feelings of others (feelings too often usurp God’s Word)
- Children learn to live a lie, hiding their pain behind polite smiles p. 146
- They become adults who are trained to be polished pretenders in order to keep the peace
- She runs interference between her children and their father-triangulating every conflict or miscommunications-always explaining the behavior of the father to his kid and kid to his father (Being in

the middle the mom ends up knowing father and child but they do not know each other) Family Punching Bag p. 147

- Junior Jehovah-Shalom cannot tolerate the possibility that a conversation could be laced with frustration or disappointment—sustaining emotional infancy to avoid conflict
- She always assumes she knows best for her child
- She is always trying to water down or explain away a concern, especially one presented by her spouse
- Compulsion to explain the less-than-perfect behavior between father and child. Actually builds a wall between them. Prov. 27:5,6
- When you act as a mediator between two people you love, they never get to know each other because you are in the way p. 149—no peace for the peacemaker.
- She loves being loved by everyone. Self-protection. Fear fuels it. The outcome seems righteous.
- Take off your Jr. God Badge and have husband and children go to each other.
- Your prayers are more effective than all of your hovering over others emotionally.
- Mothers defend peacemaking between strong husband and particularly sensitive child—once again neither the father nor child will gain understanding with mom in the middle!
- Failure and fear are not fatal.
- She does not differentiate between what she does to keep peace and what the Holy Spirit does to bring about peace (Col. 3:15).
- The sanctification of a soul begins and ends with God (Lev. 10:3; John 17:17).
- I am the receptionist not the doctor—hear need, direct to Word, Isaiah 50:4
- Peacemakers are too worried about what a person might think of them if they stated how that person's behavior was hurtful. The sin of silence. (I used to employ this ineffective method of silence and sulking and no one changed—until I spoke up and expressed how something was hurtful—then the changes began)
- The silent victim gets to maintain a kind of spiritual superiority over people who have hurt her. Pride.

- If this woman starts to stand up and speak up, her long-term identity will begin to crumble, and that is one of the things she is trying to avoid at all costs.
- One aspect of presumptuous sin is pride’s propensity to presume to know what’s going to happen in the future. (James 4:13-17 p. 166)
- She assumes God will act in a certain way and is confident in her ability to predict God-ordained outcomes.
- If it is the Lord’s will...every prayer should end with ‘If the Lord Wills’...Luke 22:42
- An inclination to try to control God in prayer and promise others what God will do.
- We try and enlist God to cater to us in our self-directedness. Self-worship. Let God write your script.
- Isaiah 43:13 “From eternity to eternity I am God. No one can snatch anyone out of my hand. No one can undo what I have done.” Un-snatchable, in the double-grip of God John 10:28-30—ultimate peace and security.
- Peace is not part of a geographical location. Peace is a by-product of living in dependency upon the Prince of Peace Isaiah 26:3



## Discussion Questions

### Chapter 6

1. Too many women spend their life walking around on eggshells trying to keep peace at any price—agree or disagree? (Isaiah 26:3) pp.145-146
2. Is the peacemaker the family punching bag? Is this just dangerous triangulating? The controlling woman is too often the family mediator. (I Tim. 2:5) pp. 147, 154
3. Discuss: the Peacemaker momma can be a very defensive—especially on behalf of a sensitive child. Pp. 148-149, 157, 158

4. Do you feel overly responsible for the peace of everyone in the room? (Phil. 4:7, Col. 3:15)
5. Who or what robs you of your peace, regularly? Discuss 'Unsnatchable Peace.'(Isaiah 43:13; John 10:17-29) pp. 168,169
6. Discuss the major challenge for a Peacemaker: Speaking painful truth...exposing who or what people trust in more than God. (Prov. 21:22 NLT)

## **Wannabe Sovereign**

*“Can’t See God’s Sovereign Plan at this Moment—But I See Jesus (Heb.2:8, 9 p. 172)”*



### **Outline of Important Discussion Points**

## **Chapter 7**

- The one thing I can control is my attitude about what happens in life (I Thess. 5:18)
- Controlling her corner of the universe is not noble, it is infused with pride.
- A woman who cannot say ‘no’ – a drone woman taking care of everything p. 176
- Control is a tranquilizer for the anxious person. The more anxious I am the more controlling I am
- Read C.S. Lewis’s quote about ‘aggravating interruptions’ (read p. 179).
- Many struggles are the result of a collision between your plans (self-sovereignty) and God’s plans.
- You must rest in the fact that every situation, circumstance, location, experience, and relationship of your life has been under the wise and

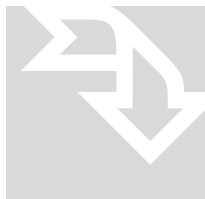


careful administration of the Lord Almighty. Crossed His Desk and stamped—Papa Approved (Gen. 50:20; Romans 8:28,32)

- There's a direct connection between delusions of personal sovereignty and the crushing disappointments that grip us in life pp. 180,181 Read
- Reality trumps the delusion. The fact is that God is in control.
- To have confidence in the Lord's sovereignty and to surrender my feelings of anxiety means that I do not need to reach for my favorite drug: control
- The safest place on earth is smack in the center of God's will.
- The Christian who does not understand the sovereignty of God will be miserable.
- Panic over loss of a person or thing proves we have made an idol out of it.
- God's request of Abraham to sacrifice Isaac=unwavering surrender to God
- "Uncleansed love" competes with loving God supremely
- Gifts are to be appreciated, not worshipped—good thing become ultimate thing—idol
- When you recognize that everything you have and everyone you love is a gift, it becomes possible to enjoy those gifts, not with an attitude of greed, but one of gratitude p. 186.
- When God departs (moves me to a place I do not want to be) us, it is his brilliant maneuvering us into a place that will bring him even more glory God does whatever pleases Him. This is the essence of God's sovereignty. His absolute independence to do as He pleases and His absolute control over the actions of all his creatures. No creature, person, or empire can either thwart His will or act outside the bounds of it p.188. —Jerry Bridges
- She is too busy stuffing her hand into God's suggestion box with all her prayerful ideas on how to protect the people she loves—contrast to Psalm 40:8.
- Protect them by the power of your name. — Jesus
- I looked around and realized there was no one to really take care of me. It was then I began to believe that I was the God of my universe, and everything became my responsibility. When things were good, I took the credit. When things went south, I bore the

weight. Fear drove this need to see into the future so that I could head things off at the pass before I got hurt.

- Ponder the reality that the Holy Spirit is not only a Comforter, but also a co-groaner with you—Rom. 8:26—when you sigh in prayer, He sighs with you—co-groaning and editing your heart’s cry. When you sigh...the Holy Spirit sighs with you—what comfort II Cor. 1:3
- The glory of an Ephraim life-style pp.193-195 READ



## Discussion Questions

### Chapter 7

1. The Sovereign Wanna-Be actually sees herself as an honorary assistant to God. (Col. 1:17) pp.174-175
2. Are you aggravated by interruptions? Is your life more a picture of resting in His control, or of a quest for your own control? (Psalm 46:10) (C.S. Lewis quote p. 179)
3. Spend a few moments discussing what the following quote means to you. “The Christian who does not understand God’s Sovereignty will be most miserable but the Christian who understands God’s Sovereignty will be most blessed.” (Psalm 16:5;115:1-3) p. 183
4. Consider the quote: “Control is a tranquilizer for the anxious person.” Are you happiest when you are sovereignly in control of your world? (I Thess. 5:24; Deut. 2:7) pp. 180-181
5. The following verses remind us that God is Sovereign and we are not—but it is a most blessed place to rest.
  1. Psalm 139:16
  2. II Tim. 1:9

3. Isaiah 25:1; 43:7,10-11
4. Eph. 1:4, 5, 11; 2:10
  
6. Discuss for a moment the principle of going from “groaning to glory” with the help of the ‘co-groaner.’ (Rom. 8:18, 26) pp.192-193
7. Share a personal illustration of the Glory of Ephraim in your life. (Gen. 41:52; 48:13-20) p. 193

## **Chronic Fatigue of Control**

*“When I first heard a nurse use the expression: Chronic Fatigue Syndrome—I immediately thought this describes most of the Christian women I knew—chronically fatigued by all the demands of their life.”*



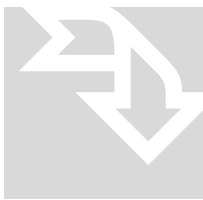
### **Outline of Important Discussion Points**

#### **Chapter 8**

- The big lie of the drive to control is that it empowers us. On the contrary. Truth=Controlling causes great fatigue. Chronic fatigue.
- We trespass into God’s territory. He is the only one who can change a human being.
- T=Trapped. (Noose around one’s neck) Our script verses God’s script for our lives existed before creation. Free to do the good work He planned. Read story p. 202
- I=Irritated. All the things she has to do. Frustrated when her ducks get knocked out of line—illustration of ‘cloud moving’ again for a baseball wife p. 205

- R=Rigid. The mature Christian understands life is more chaotic than predictable. Gracious uncertainty. Terrified by the thought of unguarded flexibility.
- Controlling women hate surprises. We can only control our attitude about the predictable chaos.
- Resent what I can't control—nagging comes forth, pp. 211,212 read verses
- Danger of muting the nag's voice pp.212, 213
- E=Exhausted. Ignoring the red warning light on the dash-board of my life! Pre-schedule to 80%, leaving margin for responding to the unexpected God sends us. Exhausted by unrestrained reachability read quotes by both doctors, pp. 214,215
- Fuel of pride motivates the 120% life schedule. Humble, faith-filled 80% life schedule.
- D=Defensive. There's a difference between control and striving to achieve goals pp. 218, 219.
- Whining is the Native Tongue of Controllers—whiners 'horrify the future'
- Whining is anger squeezed through a tiny hole
- Whining and complaining is an affront to Almighty God. It insults God's goodness Phil. 2:14,15.
- Whining and complaining are contagious—from 10 men whining to a million whining—Num. 14:1, 2.
- Whining happens when we are following our own script and agenda more than God's script Isaiah 45:9-12
- People can be fruitful in their suffering when they give their pain to God as material for sacrifice Genesis 41:52
- Controllers become angry when things do not go the way they planned—no Ephraim living for them p. 228.
- Moses moved from a position of faith in God to being angry with the complaining crowd. Moses missed an opportunity to honor God in front of the people.
- Moses' anger was a symptom of his lack of trust.
- When angry, consider not only the person or circumstance but extent to which failing to trust God.

- Moses got angry with the whiners. He missed entering the promise land and he died in the wilderness because of his response to the behavior of other people.
- I don't want to be buried with Moses. Don't want my angry whining to cost me the Promised Land like it did Moses.
- Controllers are angry most of the time because of the way other people act.
- Controllers get angry because of what people did not get done and also about the lack of gratefulness for all that the controller accomplished when picking up the slack for those others—Eph. 4:26,27.
- Are you tired of being tired? Are you ready to lay down the terrible burden of always having to have life under your control p 230?



## Discussion Questions

### Chapter 8

1. Do you find yourself Irritated by an Ever-expanding To Do List? Would your list exhaust the P-31 woman? (Prov. 31:10-31) pp.203-204
2. Ridged verses Flexible—which one describes you? “The mature Christian is one who understands that life is more chaotic than predictable!” (Numbers 9:17-22) pp. 207-208
3. How might you be viewed as the family nag? Do you resent being viewed as the family nag? Do you see yourself as more of a ‘reformed nag?’ (Prov. 19:13; 21:9, 19; 27:15,16) pp.209,211
4. The Controlling Woman is Always Exhausted. Discuss this quote: “Many people commit to a 120-percent life and wonder why the burden feels so heavy. It is rare to see a life preschedule to only 80 percent, leaving a margin for responding to the unexpected God sends our way.” (Ex. 18:17,18; Luke 10:38-42) pp. 214-215 (LOVE THIS QUOTE and every time I schedule more than 80%--I can see the divine appointments

squeezed out of my life! Nothing left for the truly needy not the self-absorbed ovation-aholic.)

5. Is your life a display of unrestrained reachability? Are you the local '911'? Are you teaching people to go to the throne and not to the phone? (Ps. 18:19; Isa. 46:4; Heb. 4:15,16) pp. 216-217
6. Whining is the native tongue of controlling women. Examine the seriousness of whining. (Num. 11,13,14) Would you be described as a woman who whines more than she worships? Pp. 220-224

## **Control and Loved Ones**

*“If by now you can see that control does not work, WHY do you keep trying to control your loved ones?!”*



### **Outline of Important Discussion Points**

#### **Chapter 9**

- There is nothing you can do to control or change another person. You can only make good choices yourself.
- Realize my relationships are designed to be enjoyed, not fixed.
- The controlling woman does not have time to enjoy the people in her life because she is too busy trying to fix them.
- People you love are like an unfinished masterpiece. Put down the paint brush Phil. 1:6.
- C.S. Lewis: “We are...a Divine work of art, something that God is making, and therefore something with which He will not be satisfied until it has a certain character.”p.238

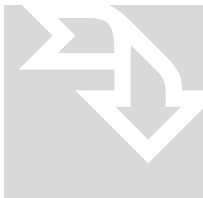


- God's Word calls me to admire the masterpieces (Eph. 2:10) around me and allow the unfinished edges to be completed by His brushes and paint alone.
- Of top five needs of every man is admiration. He will be changed more by admiration than attempts to transform him. Eph. 5:30
- Some women will use what they can't control in their husband's lives as an excuse to not do what God has planned for their lives. As a result, the controlling woman ends up being controlled by the fool she is vainly trying to control.
- Abigail did what was right without using her husband as an excuse. Faithfulness to God is not contingent upon husband being loving, wise or kind. Abigail inspired a talk that I have given many times—"How to Be a Spirit-Controlled Women Even When Married to a Fool" I Sam. 25
- Leave husband and family members on God's transformation list II Cor. 5:17—God's New Creature Program.
- Release our loves one to suffer in order to grow deeper in Jesus (II Cor. 12:9,10)
- Father equated working so much with loving his family. He valued work more than relationships.
- Having escaped the blades of mom's junior god helicopter
- Wanting to control the spiritual temperature of my children trespasses in God's territory.
- "Do not feel totally and personally responsible for everything. That's my job." Signed, God.
- The sanctification of a life is a result of God's glorious "causation" in a person's heart – not my causation or yours (John 17:17).
- Jehovah-mekoddishkem=the Lord who sanctifies you (Exodus 31:13)
- It is His authority, command and force that cause change. God is the ultimate agent of causation. He alone changes the human heart.
- If you love someone whose heart needs changing, just keep asking Jehovah-mekoddishkem to sanctify them through and through.
- The start of the promise is the finish. He who has begun a good work will bring it to completion (Phil1:6)

- The natural consequences for bad behaviors are great instructors. Too many parents interfere with the tutorial of consequences for poor choices—thus the child never learns and maturity is blocked.
- We are called to love our children as they are and pray for where they need to go.
- The best way to parent adult children is to SHUT UP. Only contribute when asked—avoid the offense of unsolicited advice.
- The author’s major epiphany as a parent—pp.244-246
- Put our kids on a heart transplant list by faith and begin waiting with hope for the arrival of a new heart (Ez. 36:26,27).
- Ministry of absence leave room for heavenly Counselor to deal with them—remember the illustration of the lifeguard and the flailing arms of the person drowning?!
- Delusional attempts to keep doing the same thing again and again while expecting different results—p.255
- I called my wishful thinking “hope,” but it was actually grounded in denial and delusional desire (too many years of delusional hope)
- If not in touch with reality, hope keeps us going down a road that has no realistic chance of being the right road or making what we want come to pass. In a false reality, hope is the worst quality you can have.
- Hope must rest in Jesus alone.
- Pray more, talk less.
- Mama Moses Principle=when a woman does everything she can and then, by faith, releases the outcome to God. Mama Moses gave her child away by faith—two times. Exodus 2:1-10
- Build an ark and set her son on a journey of faith, with no guarantee.
- Do our best and trust God with the results. Do our best as a parent, trust God with the outcome.
- Let go of what others think about you—approval addict/people pleasing
- Addiction is the result of shame. Most shame begins with rejection from someone very significant or a lack of blessing from someone. Let go of your mother/father’s opinion. Probability of a parent finally giving you a blessing--is close to zero. Read material pp. 259-261—too many adults are still craving the blessing from their earthly

parents—totally overlooking the acceptance and love they have in their heavenly parent!

- Striving constantly for parental approval is a ‘waste of your limited day-pass!’ Psalm 39:5



## Discussion Questions

### Chapter 9

1. Have you spent too much time trying to control Mr. Wonderful? (Eph. 5:33) pp. 237-238
2. Have you spent countless hours trying to make your children into your image of success? (Ps. 139:14,16)
3. Have you wasted too many brain cells trying to change your friends?(Prov. 17:17; 27:6) p. 251
4. Have you been delusional about your power to change your adult child? (Eph. 6:4) pp. 254-255
5. Are you wasting one more moment of your limited day pass trying STILL to gain the approval of your parent? (Mark 10: 29,30) pp. 259-261
6. Who only can change the heart of a human being? Who alone is the ‘ultimate agent of causation?’ (John 17:17) pp. 246-248
7. Which of the above relationships is the hardest one to relinquish control of? Husband? Children? Friends? Adult children? Remember—such control is an ultimate impulse to idolatry. Spend a few moments discussing/confessing!

Chapter  
**10**

## **Rehab for the Recovering Control Freak**

*“EGR=Extra Grace Required to Remove Jr. God Badge”*



### **Outline of Important Discussion Points**

### **Chapter 10**

- While being so controlling we miss peace, love, joy and Jesus
- Miss peace—too anxious directing her part of the universe to have peace.
- Miss joy because “Joy comes from seeing the complete fulfillment of the specific purpose for which I was created and born again, not from successfully doing something of my own choosing.” (Oswald Chambers) Controlling women miss out on so much joy because of daily living a script of her own choosing.
- Miss love—because her helicopter hovering is so threatening and suffocating at the same time that love is not the term that the recipient of such attention would give to her actions.

- Miss Jesus—this controlling woman would have rushed to the tomb to anoint Jesus with spices. But, the not controlling women of His gospel team did the opposite. They rested on the Sabbath in obedience to the commandment (Luke 23:56) so the women did not go to Jesus’ tomb—the author would have run to the tomb before the Sabbath and she would encountered a blocked tomb and a bunch of mean Roman soldiers p.266 Luke 23:55,56.
- The controlling woman always has a separate set of rules she has made up that justifies her controlling tendencies—hence I (the author) would have justified violating the Sabbath because of my PASSION for Christ—the controlling woman often spiritualizes her disobedience of the wisdom of God’s Word. Read quote by Piper p. 268.
- The women who kept the Sabbath were utterly blessed when they went to the tomb. Submitting to God’s Sabbath script and wise choice resulted in incomparable blessing—encountered angels and the Risen Savior and were told to go tell the frightened disciples that Jesus had risen!
- Six Steps for Recovery from Being a Control Freak
  1. Ask God’s forgiveness for putting His crown on your head. Jehovah-shammah=The Lord Who is There—read to the group the poem on pp. 270-271 Also read the story about Glory Robbers/Ovation-aholics pp. 271-272.
  2. Ask God’s forgiveness for self-reliance and pride in your own capacity. Junior god badge wearer moves with the arrogance of self-sufficiency, power, wisdom and insight that begins and ends with her. Controlling women would rather rescue the prodigal son before he has a chance to come to his senses in the pig pen. She’s sending care packages to the pig pen. She’s being self-reliant and full of pride. Remember that “Pride is an excessively high opinion of what one deserves or what one can do.” (Prov. 6:16, 17; 16:18)
  3. Resist being an Egyptian-delivered whiner. Whatever, Lord. Every miracle is preceded by a “holy whatever,” a most humble and beautiful moment of surrender—why Mary was chosen—

Luke 1:37,38—no whining, only surrender to whatever Lord. Move from whining to worship. When I whine, I do not shine Matt. 5:16; Phil. 2:14, 15 p.278. Whining drains you and your family and church and job. It's the whining about them that drains. Pleasure in finishing the to-do list, anger when someone blocks style and dreams. Controlling woman's frustration increases with the success of those around her when she perceives that she isn't getting her desires and dreams. Irritation with people and circumstances I cannot control James 4:1 p. 279. "Sometimes we need to give ourselves permission to grow, even though the people we love are not ready to change." Look at explanation of 'soft and pliable' Psalm 38:7, p. 279

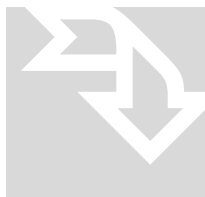
4. Guard your heart and mind against fear. Spirit of fear=delusional/delirious thinking. Have a Shalom mind. Choice to yield to delusional/delirious thinking or look to God for shalom in the brain. READ: pp. 283,284 Place hand on forehead and pray--Jehovah-shalom I need You to be my peace. Remember the frontal lobe (executive center) of the brain is where the choice to trust or go into delirious over-reacting II Tim. 1:7 "They will have no fear of bad news; their hearts are steadfast, trusting in the LORD." Psalm 112:7
  
5. Learn to sail instead of rowing so hard. The hallmark of control is rowing against the wind rather than surrendering to the wind of God's Spirit. Being still is productive silence, ceasing to worry and allowing the Commander to handle the challenges in your life. If you remove your junior god badge, you will be able to be still enough to hear and brave enough to do what the Most High God desires. Be still—cease fretting Ps. 46:10 "Do not be anxious about anything..." (Phil. 4:6) ANXIOUS—opposite of remain seated - I FRET and GOD REMAINS SEATED—Isaiah 64:4 "wait" in this verse means remain seated...
  
6. Have the faith to remove your junior god badge. Cannot purchase FAITH at Walmart or Nordstroms. Read the One Year Bible each year. Faith is the result of a steady diet of God's Word. Most life-impacting quote outside the Bible: p. 290 by M. E.

Cravens. I have used this quote in 7 out of the 8 books that I have written. The author has for 48 years stored the promises of God's Word in my heart so I don't sin myself into spiritual bankruptcy (Psalm 119:9, 11) He knows what is ahead. Live with intentional focus on God's list. By faith each day picture yourself giving God a blank sheet of paper with your signature on the bottom—a symbol of surrender.

- Prayer of Surrender for the Controlling Woman

Lord, I ask your forgiveness for the days I have spent whining and griping about my lot in life when You have blessed me beyond words. Lord, forgive me for insulting Your goodness when I whine and argue with You concerning my agenda. Lord, forgive me for snoopervising, for anger, for directing rather than surrendering, and all such faithless behavior.

Forgive my neglect of time with You. May I from this day forward not neglect my time in Your Word. Forgive me most of all for being so busy that I cannot hear the whisper and songs of Your exceeding great love for me. May I be handcuffed to the Holy One, so I will know Emmanuel's agenda for the days ahead, in Jesus' name. Amen.



## **Discussion Questions**

### **Chapter 10**

1. Share a specific area in your life where you may be controlling.
2. Are you an idol in someone's life at this time? Who?
3. Are too many people in your life more dependent on you than God?

4. What would keep you from surrendering your Jr. God Badge?  
Pp.283-285
5. Are you as challenged by Gerta's story as I was? Are you like Gerta when it comes to obeying your heavenly Papa? Or are you like too many of God's girls who would argue about wearing the boots and possibly start marching without the Father's guidance? Pp. 292-293
6. Are you ready to surrender your Jr. God Badge? Are you ready to retire from being:
  - Wanna- Be Omnipresent Jr.
  - Wanna- Be Omnipotent Jr.
  - Wanna- Be Omniscient Jr.
  - Wanna-Be Jehovah-shalom Jr.
  - Wanna- Be Sovereign, Jr.
7. Write a prayer of surrender (include today's date):







## **Postscript: A Closing Exercise**

*“An activity to close the study of book—have each woman write on a 3 × 5 card what she struggles with letting go of...who or what is she still trying to control. Then have each woman either put the card in a ‘shredder’ or have each woman fold her card and tear it into shreds and toss into trash can! She is symbolically shredding her vain attempt to control....”*