

# Things I Can Control

Matthew 6:25-34

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- “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? 28 So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these.”

# Matthew 6:30-34

- “Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

# Things I Can Control

- Even the things we think we can control because of our talents or skills are not fully in our control
  - Ecc. 9:11 - “I returned and saw under the sun that-  
The race is not to the swift, Nor the battle to the strong, Nor bread to the wise, Nor riches to men of understanding, Nor favor to men of skill; But time and chance happen to them all.”

# Things I Can Control

- We make plans, but ultimately we must acknowledge our limits
  - James 4:13-15 - “Come now, you who say, Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit; 14 whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. 15 Instead you ought to say, If the Lord wills, we shall live and do this or that.”

# We Cannot Control Events Or People, But There Are Things We Can Control

- Enjoy what we have
  - Ecc. 9:7 - “Go, eat your bread with joy, And drink your wine with a merry heart; For God has already accepted your works”
- We are sojourning in this world
  - 1Peter 2:11-12 - “Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul, 12 having your conduct honorable among the Gentiles, that when they speak against you as evildoers, they may, by your good works which they observe, glorify God in the day of visitation.”

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- Take time to enjoy the blessings God has given us
  - Ecc. 9:8 - “Let your garments always be white, And let your head lack no oil.”
- We have reason to celebrate
  - 1Thes. 2:19 - “For what is our hope, or joy, or crown of rejoicing? Is it not even you in the presence of our Lord Jesus Christ at His coming?”

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- When God is before all other things in our lives, God facilitates all other things falling into place; there is no need to worry about what only God can control
  - Matt. 6:31-33
  - 1Tim. 6:7-8 - “For we brought nothing into this world, and it is certain we can carry nothing out. 8 And having food and clothing, with these we shall be content.”

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- Enjoy our families
  - Ecc. 9:9 - “Live joyfully with the wife whom you love all the days of your vain life which He has given you under the sun, all your days of vanity; for that is your portion in life, and in the labor which you perform under the sun.”
  - Prov. 18:22 - “He who finds a wife finds a good thing, And obtains favor from the LORD.”

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- Enjoy our children
  - Psalm 127:3 - “Behold, children are a heritage from the LORD, The fruit of the womb is a reward.”
  - Prov. 17:6 - “Children's children are the crown of old men, And the glory of children is their father.”

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- Enjoy our life's work
  - Ecc. 9:10 - "Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going."
- Work as for the Lord
  - Col. 3:22-24 - "Bondservants, obey in all things your masters according to the flesh, not with eye service, as men-pleasers, but in sincerity of heart, fearing God. 23 And whatever you do, do it heartily, as to the Lord and not to men, 24 knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ."

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- Enjoy our service to the Lord
- We need to take advantage of the opportunities we have when we are able
  - Eph. 5:15-16 - “See then that you walk circumspectly, not as fools but as wise, 16 redeeming the time, because the days are evil.”

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- When we have opportunities to serve the Lord directly, we should eagerly give our all
  - 1Cor. 9:24-27 - “Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. 25 And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. 26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. 27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.”

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- Ecc. 12:1 - “Remember now your Creator in the days of your youth, Before the difficult days come, And the years draw near when you say, I have no pleasure in them”
- Rom. 12:11 - “Not lagging in diligence, fervent in spirit, serving the Lord”

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- Zech. 8:20-23 - “Thus says the LORD of hosts: 'Peoples shall yet come, Inhabitants of many cities; 21 The inhabitants of one city shall go to another, saying, Let us continue to go and pray before the LORD, And seek the LORD of hosts. I myself will go also. 22 Yes, many peoples and strong nations Shall come to seek the LORD of hosts in Jerusalem, And to pray before the LORD.' 23 Thus says the LORD of hosts: 'In those days ten men from every language of the nations shall grasp the sleeve of a Jewish man, saying, Let us go with you, for we have heard that God is with you.’”

## We Only Control Our Spirit, Choices, Words, And Actions

- We can choose to be miserable, or we can choose to enjoy life as it comes.
- Events will happen to us that we cannot stop -  
- things completely out of our control or oversight
- We can only control our attitudes, spirits, words, and actions.

# We Only Control Our Spirit, Choices, Words, And Actions

- **You cannot control others.** “You can change only what people know, not what they do.” Scott Adams
- **You cannot control circumstances.** “He lives a tragic life who bases his happiness on things entirely out of his control.” Laura Munson
- **You can control yourself.** “Happiness is an attitude. We either make ourselves miserable and weak, or happy and strong. The amount of work is the same.”  
(Francesca Reigler)

# We Only Control Our Spirit, Choices, Words, And Actions

- **Start believing in your ability to control yourself.** “The most common way people give up their power is by thinking they don’t have any.” (Alice Walker)
- **And stop blaming everyone else and the circumstances around you.** “If you could kick the person in the pants responsible for most of your trouble, you wouldn’t sit for a month.” (Theodore Roosevelt)