



## Are You Feeling Out Of Control And Fearful?

### ***Do you ever feel out of control? Have you been fearful of what lies ahead?***

It's pollen season here in NC, and a thick coat of yellowish-green dust covers everything in sight. We shuffle through it like a northerner shuffles through the snow in Buffalo. If you stand still long enough, you'll have a coating on your body and in your nostrils and throat, causing a hack like no other.

Even though my car has no understanding of what it means to be clean, I decided to show some mercy and take my dependable friend to the local carwash. It's one of those fancy new places where you pull up, select the type of wash you want, and then drive onto a track that carries your car through the wash. You *MUST* follow the rules: put your car in neutral, turn your wipers off, no braking, and hands off the steering wheel!

All was well until my car moved into the abyss. As water ferociously blasted my car, brushes surrounding my vehicle began to whirl, and my windshield went dark and black. I could see NOTHING. I had a quick moment of panic because I knew there was a car in front of me that I had no sight of. I couldn't see what was before me; I only knew I had no control of my car. My first instinct was to brake and grab the wheel. Then I remembered, foot off the brakes and hands off the wheel and no breaking the rules! The track was in control.

As sweat broke out on my forehead in my precarious position, I thought about the dark, black spaces we all face at some point as we journey through life. Often, our vision is impaired, and we can't see what lies ahead or awaits us around the curve. Then we feel out of control. Our first instinct is to regain the control we believe we need to make things comfortable and right again.

***Is there a situation that you are facing where you feel out of control? Is there a moment of panic, fear in your heart, sweat on your forehead? Does that dark black space impair your vision before you? If so, you're not alone.***

Everyone faces situations that leave us afraid, panicked, and feeling out of control. When we're in those dark, black spaces, it's good for us to remember some of God's attributes and the reasons we can trust Him. Then we can take our hands off the wheel and feet off the brakes.

- God is Creator. He created each of us and numbers the days of our lives. [Psalm 139:13-18](#)
- God is Sovereign. He is always in control. No situation of our lives catches him off guard. [Colossians 1:16-17](#)



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- God is Omniscient. He knows everything, including every detail of every second of our lives. [Psalm 147:5](#)
- God is Omnipresent. We are never alone. He promises that He is always with us. Even in the dark, black spaces. [Psalm 139:7-12](#)
- God is Omnipotent. He holds all power in all circumstances. Nothing happens that He doesn't allow and use for His good purposes and plans. [Ephesians 1:19-20](#)
- God is Loving. He loves us with an everlasting love. [Jeremiah 31:3](#)
- God is Faithful. He always keeps his promises. [Hebrews 10:23](#)

I believe the car wash and I had a divine appointment. The day before, I received some news that caused sadness and concern and put me in a "dark, black space" thinking of my future. My first response was fear and then the instinct to control an outcome I couldn't set in. But God reminded me in the car wash that, just like the track my car was on, He is in control. He holds the journey and future in His hands.

As you look into the dark, black space before you and feel fearful and out of control, trust God. God knows your journey. He knows what's ahead, even when you can't see it. Surrender to Him and take your hands off the wheel.

***God wrote your story, He knows every chapter, and He holds you and the ending in His hands.***

*Jeremiah 29:11(NIV) "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

*Romans 8:28 (NLT) "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."*

*Isaiah 54:10 (NIV) "Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the Lord, who has compassion on you."*

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