

THE UNDENIABLE LAWS OF LIFE – The Law of Control

“My people are destroyed for lack of knowledge” [Hosea 4:6]. The word “knowledge” means “*understanding, wisdom or discernment*” but it can also mean skill or abilities. Without the skill or ability to apply [or operate in], the proper universal law, at the proper time, you may destroy your own future. You must learn to make the right connection at exactly the right time - every time!

Today we are going to examine the Law of Control, but from the outset I must make it clear that this law has nothing to do with controlling others. Nor has it to do with high-and-mighty authoritarian or dictatorial attitudes. But rather, the “feelings of control,” or lack of it, that effects our everyday lives.

You feel good about yourself to the degree to which you feel that you are in control of your own life. The reverse of this law is that you feel negative about yourself to the degree to which you feel you're not in control of your own life or that you are controlled by other people or circumstances. So many people have fallen into this trap and spend their lives miserable and discouraged.

Every Christian must fully understand and operate in this law correctly. You can choose to be in control or be controlled; it's entirely up to you. Note, there are forces that you can permit to exercise control over you, these include; God, the devil, other people (that may be influenced by either God or the devil), or circumstances. We can then break these forces down further into “external” and “internal.” For instance, God works in you to perfect His will. This is “internal” power at work.

In **Colossians 1:29**, the apostle Paul said this, **“To this end I also labour, striving according to His working (operative power) which works in me mightily.”** Paul was implying that all the things he was doing he did only in accordance with the operative power that was at work in him. In other words, the force that he allowed to have control over his life was the power that was working in him mightily. This is a principle we must all seriously consider. And it is confirmed in **Ephesians 3:20**, **“Now to Him who is able to do exceedingly abundantly above all that we ask or think according to the power that effectively works in us.”**

God is not a “control freak!” His mighty power that is working in you is present only of you to effectively take control of your own life. God does not want direct control. If he did he would not have given you a free will. God is a perfect gentleman, therefore, as you co-operate with His Spirit (that is actively working in you), He co-operates with you to ensure that you keep control of your life.

The devil on the other hand will always try to take complete control by using your sinful nature, your circumstances, your thought life or other people. He is not happy with you having any degree of control because he is a control freak. If he was able to possess you he would. And if you allow him to control you through he will!

The psychological profession has long recognised the importance of *feelings of control* as a critical element in human personality and performance. Psychologists believe that feelings of control can greatly impact on your mental disposition and may be a contributing factor in many personality disorders. The term they use is “locus of control.”

The locus, or place, of control refers to *wherever* you feel the control is located (in any part of your life). If you feel that you personally make decisions that determine the direction of your life, you are considered to have an “internal locus control.” But if you feel that your boss, your bills, your husband, your childhood

experiences, your health, or anything else controls you, or forces you to do or refrain from doing what you really want, you are considered to have an “external locus of control.”

Remember this; the location of this *place of control* in your thinking is the critical element in determining your personal health and well-being. Every one of you needs to be honest and sincere about where your *place of control* is located.

In a spiritual sense, the location of your *place of control* should be, in God working in you. In other words, you must be “God-inside minded.” When you develop an “internal” focus of control, when you become God-inside minded, you will feel that you are behind the wheel of your own life. You will feel that you are steering toward your destiny and that your future is in your own hands. This position creates very low stress levels and guarantees higher performance in all areas. You will instantly become more relaxed, a real pleasure to be around!

On the other hand, if you have an “external” locus of control, and you feel that what you are doing is being dictated by other people and outside pressures, then your stress levels will climb significantly and your personal performance levels will drop dramatically. All who have studied this area of human behaviour, and there has been 25 years of research in this field, agree that a *sense of control* is absolutely essential for you to perform at your best and enjoy life to the full.

Why not take a page out of the Apostle Paul’s book and decide to do as much as possible “*according to the operative and mighty power that is effectively working in you.*” God’s placed in you the power to effectively control your own life - why not use this power? Your place of control will then be firmly located in God in you. And you would have established an *internal focus of control* and will be able to live a happy and stress-free life.

In you, right now, is the power to deal with all those things or people that are causing you the greatest amount of stress, anger or frustration. The things that you feel you have little or no control over can be brought under your control once more. No one should live under the tyranny of *outside* control! God has provided an effective and efficient remedy.

But the Law of Control requires you to except the inevitable - to accept change! Change is inevitable. Not only that, it is unavoidable! It is an accelerating factor. It is unpredictable and discontinuous. And it is affecting every area of your life.

Change is also very scary for most of you. There is a deep-rooted desire on the part of a lot of people to avoid change of any kind, even positive change. This is why setting goals is so important. Goals allow you to be in control by setting the direction of change. Goals assure that change in your life is predominantly in the direction that you want to go (the predestined path that God has mapped out for you). Goals give you complete control over critical elements of your life. Goals also give you a greater sense of personal power and confidence.

Failing to plan or set goals will invite disaster. *By failing to plan, you are planning to fail.* No one actually plans deliberately to fail. No one decides in advance to live a life of underachievement and frustration. But by failing to decide exactly what you want, and plan accordingly, you end up living unconsciously and unintentionally by the Law of Accident which is the opposite of the Law of Control. People who live by the Law of Accident tend to be very negative, pessimistic and helpless, and they feel as though they have little or

no control over their lives. Such people always blame others for the situation they're in and continuously make excuses for their problems. They think they are victims of circumstances or that everything is down to being lucky.

The wonderful thing about goals is that the very act of setting goals frees you from living under the Law of Accident and places you squarely under the Law of Control. Goal setting puts you in charge of your life and makes you feel terrific about yourself. This is why goal setting is referred to as the "master skill" of success. It is the one skill that is probably more important to your overall happiness than any other skill you can develop. It puts you in the driver's seat.

Note, often when you pray and ask God, you are in fact confirming your goals. Having clear and concise goals will give your prayers direction and purpose.

You can take control of your life by:

- (a) Shifting to "internal locus control" - by being God-inside minded.
- (b) Controlling change through goal setting.
- (c) Controlling your thought life, by thinking only about the things you want.

Here's how you can apply the Law of Control to your lives right now.

[1] Examine your life carefully and take note of the parts of your life that cause you the greatest amounts of stress, anger, or frustration on a regular basis. You will find that these are usually situations in which you feel you have little or no control. The starting point of dealing with any stressful person or situation is for you to identify it clearly.

[2] Once you have identified areas of stress clearly, you must make a quality decision in each of these areas, to either get in or get out, to do something or stop something that you are doing. Whether it is a job, a relationship, or an emotion, the act of making a decision to take an action will reduce your stress.

You will also increase your sense of personal power almost immediately.

[3] Identify the areas in your life where you feel trapped, where you feel as if there is nothing you can do about it. Then ask yourself this, "*What one change can I make that will put me back in control?*" Whatever the answer, resolve to do something about it today.

Remember, you are where you are and what you are because of yourself, because of your choices and decisions. If you are not happy with a situation, it is up to you to make different and better choices and decisions. You are free to choose change. You are free to take control of your life. Do it! And enjoy it!