

THE MESSAGE:

**RELAX**

Nothing is under control  
**^**  
**your**



What is sin? **Disobedience**

Why do we sin? We believe

**LIES**

The lie:

**My life is mine.**

**I control it.**

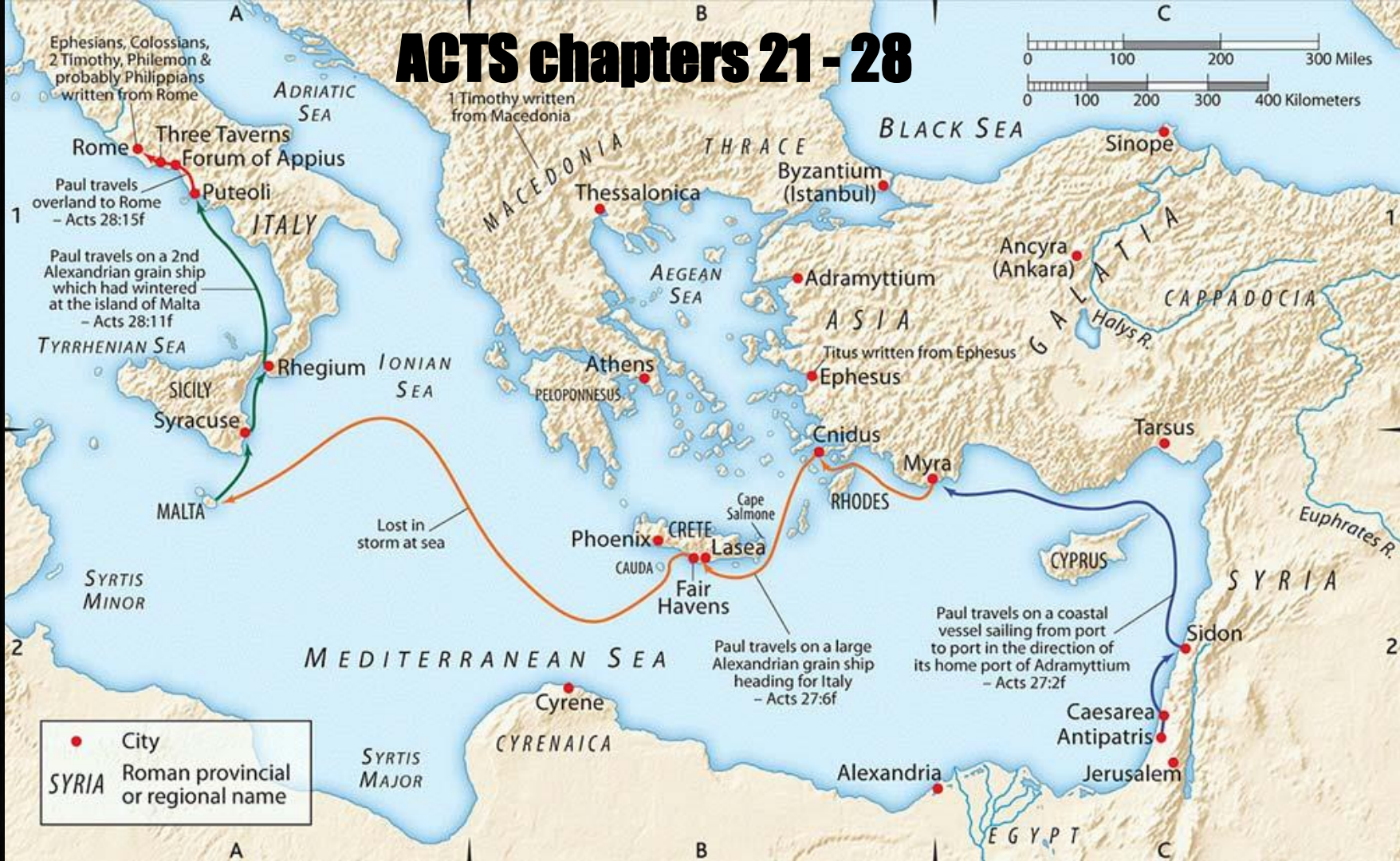
Related lies:

1. I am the best person to control my life.
2. I am able to control most things in my life.
3. If things aren't under control, I cannot relax

**The truth about control:**

**Acts 27:13-26**

# ACTS chapters 21 - 28



# Acts 27:13

When a gentle south wind began to blow, they thought they had obtained what they wanted; so they weighed anchor and sailed along the shore of Crete.

# Acts 27:14

Before very long, a wind of hurricane force, called the “northeaster,” swept down from the island.



# Acts 27:15

The ship was caught by the storm and could not head into the wind; so we gave way to it and were driven along.

# Acts 27:16

As we passed to the lee of a small island called Cauda, we were hardly able to make the lifeboat secure.

# Acts 27:17

When the men had hoisted it aboard, they passed ropes under the ship itself to hold it together. Fearing that they would run aground on the sandbars of Syrtis, they lowered the sea anchor and let the ship be driven along.

# Acts 27:18

We took such a violent battering from the storm that the next day they began to throw the cargo overboard.

# Acts 27:19

On the third day, they threw the ship's tackle overboard with their own hands.

# Acts 27:20

When neither sun nor stars appeared for many days and the storm continued raging, we finally gave up all hope of being saved.



# Acts 27:21

After the men had gone a long time without food, Paul stood up before them and said:



# Acts 27:21

“Men, you should have taken my advice not to sail from Crete; then you would have spared yourselves this damage and loss.

# Acts 27:22

But now I urge you to keep up your courage, because not one of you will be lost; only the ship will be destroyed.

# Acts 27:22-23

Last night an angel of the God whose I am and whom I serve stood beside me and said, 'Do not be afraid, Paul. You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.'

# Acts 27:26-26

So keep up your courage, men, for I have faith in God that it will happen just as he told me.”

# SPOILER ALERT

The ship runs aground near an island and breaks apart. All 276 people make it to shore!

Paul had no control.  
Yet relaxed!

**HOW?**

You have no control.  
Yet STRESSED!

WHY?

# You believe the lies:

1. You are able to control.
2. You control better than God. (Don't trust him!)
3. You can only relax if you are in control.



**Confess.**

**Repent.**

**Believe in Jesus  
who rescues and  
saves.**

# Relax!

1. Listen to the Word of God.
2. Trust who he is and what he promised.
3. Encourage and lead others.

**Imagine your life...**  
fully under **God's** control.

**RELAX! God has got this!**

# RELAX

Nothing is under control  
^  
your

