

workbook

The Diary of A Control Freak

It's Not My Weed to Pull

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Chapter 1: Controller's Anonymous

Introduction:

Welcome to Chapter 1 of our workbook, where we will delve into the concept of "Controller's Anonymous." Just as the first step to overcoming any problem is recognizing that we have one, acknowledging our tendencies toward control is the crucial initial stage of growth. In this chapter, we will explore the various aspects of control and the impact it has on our lives and relationships. We will also introduce fun original quotes that shed light on the journey of being a member of "Controller's Anonymous." So, let's embark on this introspective and transformative path together.

Section 1: Admitting the Problem

"In the realm of control, admitting we have a problem is the first step toward finding freedom." -Charli Brown

James 4:10 (ESV)

"Humble yourselves before the Lord, and he will exalt you."

Proverbs 16:18 (ESV)

"Pride goes before destruction, and a haughty spirit before a fall."

Reflection Questions:

1. How does recognizing our tendencies toward control help us on the path of personal growth?

2. What are some signs or behaviors that indicate we may have an issue with control?

3. How can humility play a role in overcoming controlling tendencies?

Section 2: Surrendering Control

"True power lies not in control, but in the ability to let go." -Charli Brown

Psalm 46:10 (ESV)

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

Matthew 16:24 (ESV)

"Then Jesus told his disciples, 'If anyone would come after me, let him deny himself and take up his cross and follow me.'"

Reflection Questions:

1. Why is it important to let go of the illusion of control in our lives?
2. How can surrendering control to God bring peace and freedom to our hearts?
3. What are some practical steps we can take to relinquish control and trust in God's plan?

Section 3: Embracing Change and Growth

"In the garden of life, control may trim the branches, but surrender allows the flowers to bloom." -Charli Brown

2 Corinthians 5:17 (ESV)

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

Romans 12:2 (ESV)

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

Reflection Questions:

1. How does letting go of control open the door to personal transformation and growth?

2. What are some areas in your life where you can embrace change and surrender control to experience greater fulfillment?

3. How can we actively renew our minds and align our desires with God's will?

Conclusion:

In this chapter, we embarked on a journey of self-awareness and growth as members of "Controller's Anonymous." By admitting our tendency to control, surrendering it to God, and embracing change, we move closer to a life of freedom and authentic connection. Remember, the path to growth is an ongoing process, and through God's grace, we can continue to shed the shackles of control and experience the abundance of life in its truest form.



Chapter 2: The Parable of the Wheat and Tares

Introduction:

Welcome to Chapter 2 of our workbook, where we will explore the profound Parable of the Wheat and Tares found in Matthew 13:24-30. This parable sheds light on the concept of control and its consequences. We will examine how our desire for control can sometimes lead us to jump into someone's garden, metaphorically speaking, and uproot everything around, thinking we are helping. Additionally, we will discover interesting facts about wheat and tares, adding depth to our understanding of the parable. So, let's dive into this enlightening parable and reflect on our own experiences of unintentional interference.

Section 1: The Parable of the Wheat and Tares

Matthew 13:24-30 (ESV)

"He put another parable before them, saying, 'The kingdom of heaven may be compared to a man who sowed good seed in his field, but while his men were sleeping, his enemy came and sowed weeds among the wheat and went away. So when the plants came up and bore grain, then the weeds appeared also. And the servants of the master of the house came and said to him, "Master, did you not sow good seed in your field? How then does it have weeds?" He said to them, "An enemy has done this." So the servants said to him, "Then do you want us to go and gather them?" But he said, "No, lest in gathering the weeds you root up the wheat along with them. Let both grow together until the harvest, and at harvest time I will tell the reapers, 'Gather the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.'""

Reflection Questions:

1. How does the Parable of the Wheat and Tares relate to the concept of control?

2. Have you ever found yourself jumping into someone's garden, metaphorically speaking, and unintentionally uprooting everything around while thinking you were helping? Reflect on that experience.

3. What can we learn from this parable about the importance of patience and discernment when it comes to intervening in other people's lives?

Section 2: Fun Facts about Wheat and Tares

Fun Fact 1: Wheat is one of the oldest cultivated grains and has been a staple food for thousands of years.

Fun Fact 2: Tares, also known as darnel, closely resemble wheat in appearance, making it challenging to distinguish them until they mature.

Fun Fact 3: Tares are considered a weed and can negatively impact the growth and yield of wheat.

Fun Fact 4: When wheat is ready to harvest it will bow its head. Tares will remain standing straight up. That is when you can tell the difference.

Reflection Questions:

1. How do the characteristics of wheat and tares symbolically represent the dynamics present in the Parable of the Wheat and Tares?

2. In what ways can the similarities between wheat and tares remind us of the complexities of discerning between helpful and harmful actions in our relationships?

3. Reflect on a situation where you encountered a challenging individual or circumstance that resembled the presence of tares among wheat. How did you handle it, and what did you learn from that experience?

Conclusion:

In this chapter, we explored the powerful Parable of the Wheat and Tares and its relevance to the theme of control. We examined how our desire for control can sometimes lead us to inadvertently interfere in other people's lives, disrupting the natural course of growth. Through reflection and the understanding gained from this parable, we can learn the value of patience, discernment, and respecting the boundaries of others. As we navigate our interactions, let us remember the cautionary tale of the wheat and tares and strive to cultivate relationships rooted in understanding, empathy, and genuine support.



Chapter 3: But They Need Me

Introduction:

Welcome to Chapter 3 of our workbook, where we will explore the theme of control and the importance of acknowledging God's ultimate authority in our lives. Often, we find ourselves in situations where we feel compelled to take charge and be in control, believing that others depend on us. However, it is essential to examine whether our actions stem from a genuine desire to help or from a need to assert control. Throughout this chapter, we will explore relevant Bible verses from the English Standard Version (ESV) that emphasize God's sovereignty and ask questions to encourage self-reflection. So, let's dive in and discover the truth about control in our lives.

Section 1: God's Sovereignty

Psalm 115:3 (ESV)

"Our God is in the heavens; he does all that he pleases."

Proverbs 19:21 (ESV)

"Many are the plans in the mind of a man, but it is the purpose of the LORD that will stand."

Isaiah 45:9 (ESV)

"Woe to him who strives with him who formed him, a pot among earthen pots! Does the clay say to him who forms it, 'What are you making?' or 'Your work has no handles'?"

Reflection Questions:

1. How does the concept of God's sovereignty challenge our need for control?
2. Have you ever experienced a situation where you tried to take control but realized it was beyond your power? How did it make you feel?
3. In what ways can recognizing God's control bring peace and freedom to our lives?

Section 2: The Danger of Control

Proverbs 16:9 (ESV)

"The heart of man plans his way, but the LORD establishes his steps."

Matthew 6:27 (ESV)

"And which of you by being anxious can add a single hour to his span of life?"

Section 3: Trusting God's Guidance

Proverbs 3:5-6 (ESV)

"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

Jeremiah 29:11 (ESV)

"For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope."

Psalm 32:8 (ESV)

"I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you."

Reflection Questions:

1. How can trusting in God's guidance and surrendering control lead to a more fulfilling life?

2. In what areas of your life do you struggle the most to trust God's plan over



Chapter 4: It's Called Trespassing

Introduction:

Welcome to Chapter 4 of our workbook, where we will explore the concept of trespassing and how it relates to stepping into someone else's garden without their permission. Just as it is considered trespassing when we enter someone's physical space without their consent, it is equally important to respect the boundaries of others' lives. This can be particularly challenging when it comes to interacting with children. Throughout this chapter, we will examine relevant Bible verses from the English Standard Version (ESV) that emphasize the significance of boundaries and respecting others' lives. Additionally, we will engage in self-reflection through thought-provoking questions. So, let's delve into the topic of trespassing and learn how to navigate healthy relationships with others, especially adult children.

Section 1: Recognizing Trespassing

Exodus 20:17 (ESV)

"You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."

Matthew 7:12 (ESV)

"So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets."

Proverbs 25:17 (ESV)

"Let your foot be seldom in your neighbor's house, lest he have his fill of you and hate you."

Reflection Questions:

1. How is trespassing on someone's physical space similar to trespassing on their personal lives?
2. Why is it important to respect the boundaries and privacy of others, especially adult children?
3. Can you recall a time when someone crossed your personal boundaries? How did it make you feel, and what did you learn from that experience?

Section 2: Respecting Boundaries

1 Thessalonians 4:11 (ESV)

"and to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you."

Proverbs 14:29 (ESV)

"Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly."

Ephesians 6:4 (ESV)

"Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord."

Reflection Questions:

1. How can respecting the boundaries of others contribute to healthier relationships and personal growth?

2. In what ways can our own anger or impatience lead us to trespass on someone's personal life?

3. When interacting with adult children, how can we strike a balance between offering guidance and respecting their autonomy and individuality?

Section 3: Teaching Respect and Boundaries to Children

Proverbs 22:6 (ESV)

"Train up a child in the way he should go; even when he is old he will not depart from it."

Colossians 3:21 (ESV)

"Fathers, do not provoke your children, lest they become discouraged."

Matthew 18:6 (ESV)

"But whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone fastened around his neck and to be drowned in the depth of the sea."

Reflection Questions:

1. How can we teach children the importance of respecting others' boundaries and personal lives?

2. What are some practical ways to encourage healthy communication and empathy in children?

3. How can we model respect and boundary-setting in our own interactions with our adult children.



Chapter 5: The Faces of Control

Introduction:

Welcome to Chapter 5 of our workbook, where we will explore the various faces of control and their detrimental effects on relationships. Control can manifest in different ways, often under the guise of caregiving, monopolizing, overprotective parenting, or exhibiting behaviors such as criticism, manipulation, shocking and evading, and sarcasm. In this chapter, we will examine these faces of control and their impact on ourselves and those around us. By exploring relevant Bible verses from the English Standard Version (ESV) and engaging in self-reflection, we will gain insight into healthier and more empowering ways of relating to others. So, let's uncover the faces of control and learn how to foster genuine and respectful connections.

Section 1: The Caregiver

Philippians 2:4 (ESV)

"Let each of you look not only to his own interests but also to the interests of others."

Galatians 6:2 (ESV)

"Bear one another's burdens, and so fulfill the law of Christ."

Proverbs 11:25 (ESV)

"Whoever brings blessing will be enriched, and one who waters will himself be watered."

Reflection Questions:

1. How can the role of a caregiver sometimes become a form of control?

2. What are some signs that indicate when caregiving may cross the boundaries into controlling behavior?

3. In what ways can we balance genuine care and support with respecting the autonomy and independence of others?

Section 2: Criticism and Manipulation

Ephesians 4:29 (ESV)

"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."

Proverbs 16:24 (ESV)

"Gracious words are like a honeycomb, sweetness to the soul and health to the body."

Proverbs 26:18-19 (ESV)

"Like a madman who throws firebrands, arrows, and death is the man who deceives his neighbor and says, 'I am only joking!'"

Reflection Questions:

1. How does criticism become a tool of control or blame in relationships?
2. What are healthier alternatives to criticism that promote growth and understanding?
3. Have you ever encountered the tactic of shocking and evading? How did it affect your relationship with the person using it, and what did you learn from that experience?

Section 3: Sarcasm and Manipulation

Ephesians 4:15 (ESV)

"Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ."

Proverbs 15:1 (ESV)

"A soft answer turns away wrath, but a harsh word stirs up anger."

Colossians 4:6 (ESV)

"Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."

Reflection Questions:

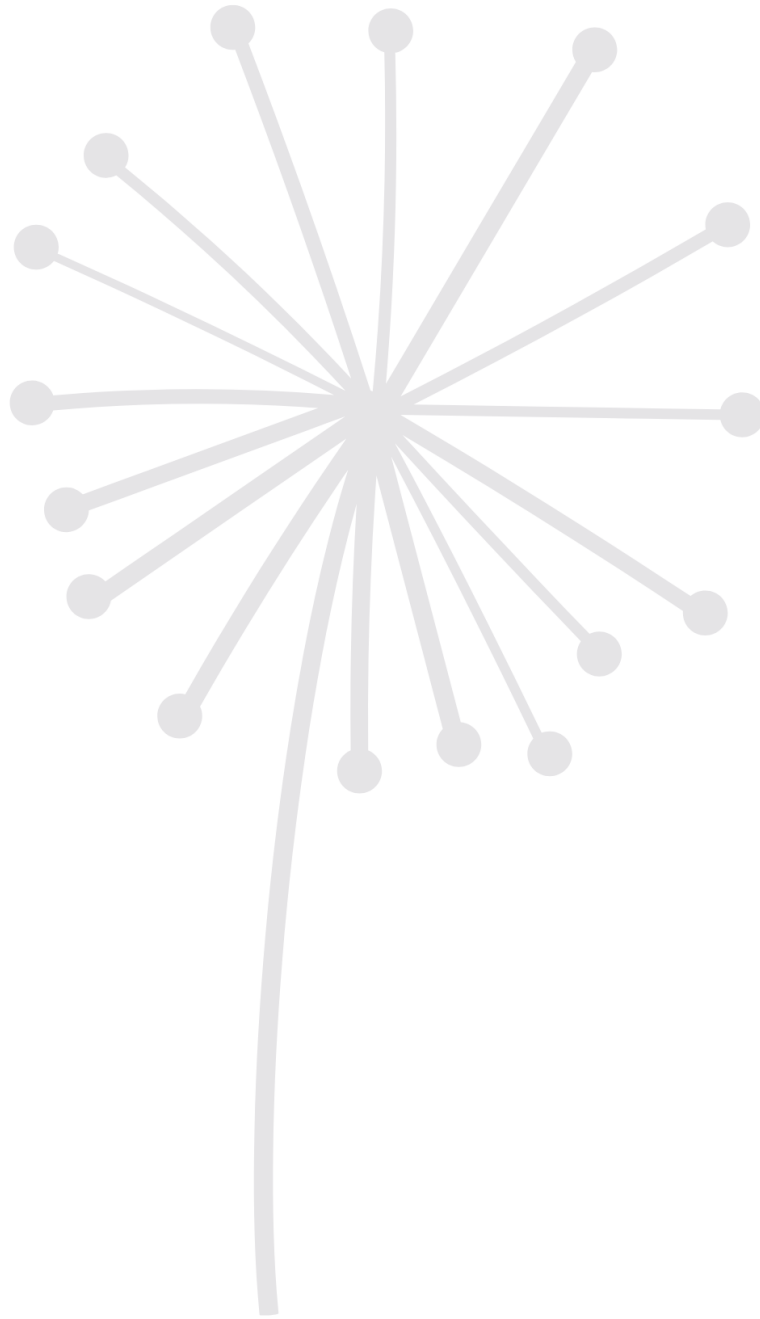
1. How does sarcasm function as a form of control in communication?

2. What are healthier ways to express our thoughts and feelings without resorting to sarcasm?

3. How can we cultivate a habit of respectful and constructive communication in our relationships, avoiding manipulation and control?

Conclusion:

In this chapter, we explored the different faces of control, recognizing how they can harm our relationships. By examining these behaviors and considering the wisdom found in the Bible, we have taken the first step toward healthier interactions. Remember, true connection thrives in an atmosphere of trust.



Chapter 6: The Root of Control

Introduction:

Welcome to Chapter 6 of our workbook, where we will explore the profound concept of "The Root of Control." In order to heal from the grip of control, we must first expose and understand its underlying root. Fear, as we will discover, is often the main root of control. In this chapter, we will delve into the reasons why fear serves as the foundation for control, the challenges of releasing control, and the wisdom found in the Bible regarding fear. So, let's courageously confront the root of control and find the path toward liberation and healing.

Section 1: Fear as the Root of Control

Quote 1: "To heal from control, we must fearlessly expose the root that binds us." -Charli Brown

Reason 1: Loss of Security - Control is often driven by a fear of losing a sense of security and stability in our lives.

Reason 2: Lack of Trust - Fear can lead us to doubt others and their abilities, causing us to exert control as a means of safeguarding against potential harm or disappointment.

Reason 3: Uncertainty - The fear of the unknown can trigger a need for control as a way to gain a false sense of certainty and predictability.

Reflection Questions:

1. How has fear manifested as the root of control in your own life or in relationships you've observed?

2. Which of the reasons mentioned resonates with you the most, and why?

3. In what ways can recognizing fear as the root of control help us on the journey of healing and growth?

Section 2: Releasing Control

"Releasing control is not for the faint of heart, but it is an act of courage that sets us free." -Charli Brown

Challenge 1: Trusting Others - Releasing control requires us to trust in the capabilities and intentions of others, even when uncertainty is present.

Challenge 2: Letting Go of Perfection - Control often stems from a fear of imperfection. Releasing control involves embracing the beauty of imperfections and accepting that we cannot control everything.

Challenge 3: Surrendering to God - Releasing control ultimately involves entrusting our lives and circumstances to God, acknowledging His sovereignty and wisdom.

Reflection Questions:

1. What are some of the challenges you face in releasing control?

2. How can you cultivate trust in others and let go of the need for perfection?

3. What steps can you take to surrender control to God and embrace His guidance in your life?

Section 3: What the Bible Says about Fear

2 Timothy 1:7 (ESV)

"For God gave us a spirit not of fear but of power and love and self-control."

Psalm 56:3 (ESV)

"When I am afraid, I put my trust in you."

Isaiah 41:10 (ESV)

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Reflection Questions:

1. How do these Bible verses inspire and encourage us in overcoming fear and control?
2. How can the promises and assurances in these verses help us release control and find peace in God's presence?
3. What other verses or passages come to mind that address fear and provide guidance in relinquishing control?

Conclusion:

In this chapter, we explored the deep-seated root of control, which is often fear. By acknowledging fear as the driving force behind control, we can begin the journey of healing and transformation. Releasing control is indeed a courageous act, requiring trust, letting go of perfection, and surrendering to God's guidance. Let us draw strength from the wisdom found in



Chapter 7: The Covert Controller

Introduction:

Welcome to Chapter 7 of our workbook, where we will delve into the concept of "The Covert Controller." Covert control is akin to spraying weed killer as a drive-by—it operates in a passive-aggressive manner. In this chapter, we will explore the definition of passive-aggressive behavior, understand its connection to covert control, and examine examples from both biblical and everyday contexts. We will also address the importance of honesty and authenticity in our relationships, as pretending to not be offended to avoid conflict can be dishonest. So, let's uncover the subtleties of covert control and strive for healthier, more genuine interactions.

Section 1: Understanding Covert Control

"Covert control is like a drive-by with weed killer—passive-aggressive and insidious." - Charli

Definition: Passive-aggressive behavior is characterized by indirect expressions of hostility, resistance, or manipulation in interpersonal interactions.

The Mayo Clinic defines it like this: "Passive-aggressive behavior is a pattern of indirectly expressing negative feelings instead of openly addressing them." (mayoclinic.org)

Example: Delilah's Covert Control - Delilah, in the biblical story of Samson, utilized her feminine energy and subtle tactics to manipulate and control Samson, ultimately leading to his downfall.

Reflection Questions:

1. How would you define passive-aggressive behavior? Can you think of any examples from your own life or relationships?

2. What are the dangers of covert control and passive-aggressive behavior in our interactions with others?

3. How can recognizing and addressing covert control help us foster healthier and more authentic relationships?

Section 2: Dishonesty in Conflict Avoidance

"Pretending to not be offended to avoid conflict may seem convenient, but it hinders genuine communication." -Charli Brown

Connection to Covert Control: Covert controllers often resort to passive-aggressive tactics, such as avoiding direct confrontation or using subtle means to manipulate others.

Biblical Perspective: Manipulation as Witchcraft - The Bible warns against manipulation and control, equating it to the spirit of witchcraft, which seeks to deceive and exert power over others.

Reflection Questions:

1. Why do people sometimes choose to pretend they are not offended or avoid conflict? What are the potential consequences of such behavior?

2. How does dishonesty in conflict avoidance hinder authentic communication and the growth of our relationships?

3. In what ways can we strive for honesty, vulnerability, and open dialogue while navigating conflicts and disagreements?

Section 3: Cultivating Authenticity and Direct Communication

"Authenticity and direct communication are the antidotes to covert control and passive-aggressive behavior." -Charli Brown

Ephesians 4:25 (ESV)

"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another."

Proverbs 27:6 (ESV)

"Faithful are the wounds of a friend; profuse are the kisses of an enemy."

Reflection Questions:

1. How can cultivating authenticity and direct communication help us overcome covert control and passive-aggressive tendencies?
2. What steps can we take to foster open and honest dialogue in our relationships, even when addressing conflicts or difficult topics?
3. How can the principles and teachings in the provided Bible verses guide us in cultivating authenticity and direct communication?

Conclusion:

In this chapter, we explored the dynamics of the covert controller, whose passive-aggressive behavior resembles a drive-by with weed killer—insidious and harmful. We discussed the definition of passive-aggressive behavior, its connection to covert control, and examples from biblical narratives, such as Delilah's manipulation of Samson. We also highlighted the importance of honesty and authenticity in addressing conflicts and avoiding the pitfalls of dishonest conflict avoidance. By embracing direct communication and fostering authenticity, we can create healthier, more transparent relationships, free from the covert



Chapter 8: Is There a Spirit Behind Control?

Introduction:

Welcome to Chapter 8 of our workbook, where we will explore the intriguing question: "Is There a Spirit Behind Control?" Throughout history, we can find examples of individuals who have utilized manipulation and control to achieve their own agendas. In this chapter, we will delve into the story of Queen Jezebel and King Ahab, examining how Jezebel hid behind Ahab's power to manipulate and control. We will also reflect on our own experiences, considering if there are individuals in our lives who hide behind our power or if we engage in similar behaviors with others. From subtle looks of disapproval to playing the victim, we will uncover the various tactics of counterfeit control. So, let's delve into this fascinating exploration and gain insights into the hidden spirits that fuel control.

Section 1: Queen Jezebel and King Ahab

"Behind the throne of power, the spirit of control often lurks." -Charli Brown

Story of Jezebel and Ahab: Jezebel, known for her manipulative tactics, used her influence over King Ahab to exert control and advance her own agenda. She hid behind Ahab's power, exploiting his weakness and enabling her to achieve her own desires.

Reflection Questions:

1. What can we learn from the story of Jezebel and Ahab about the dynamics of control within relationships?

2. Have you ever encountered situations where someone has hidden behind your power to manipulate and control? How did you handle it?

3. Reflect on whether you have engaged in similar behaviors, hiding behind someone else's power to control others. How can you recognize and address these tendencies?

Section 2: Subtle Tactics of Counterfeit Control

"Subtle looks, tears, and counterfeit expectations can be tools of control."
-Charli Brown

Subtle Looks of Disapproval: Passive-aggressive behavior can manifest through subtle looks of disapproval, conveying judgment and control without direct confrontation.

Playing the Victim: Some individuals employ tactics such as crying and playing the victim to manipulate others' emotions and gain control over the situation.

Counterfeit Expectations: The imposition of counterfeit expectations, using the word "should" as a weapon, can be a form of control, pressuring others to conform to a predetermined set of standards.

Reflection Questions:

1. Have you encountered subtle looks of disapproval or played the victim as a means of controlling others? Reflect on the motivations behind these behaviors.

2. How do counterfeit expectations, expressed through the use of "should," influence your interactions with others? How can you address and release these expectations?

3. What strategies can you adopt to promote open and authentic communication, eliminating the need for subtle tactics of control?

Section 3: Breaking Free from the Spirit of Control

"Recognizing the spirits behind control is the first step towards breaking free." -Charli Brown

Galatians 5:1 (ESV)

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."

James 4:7 (ESV)

"Submit yourselves therefore to God. Resist the devil, and he will flee from you."

Reflection Questions:

1. How can the biblical verses provided inspire and guide us in breaking free from the spirit of control?

2. What steps can we take to recognize and resist the spirits of manipulation and control in our lives and relationships?

3. How does understanding the freedom found in Christ empower us to release the need for control and embrace healthier dynamics in our interactions?

Conclusion:

In this chapter, we explored the question of whether there is a spirit behind control. Drawing inspiration from the story of Queen Jezebel and King Ahab, we examined how individuals can hide behind power



Chapter 9: Surrendering the Closeness for Control

Introduction:

Welcome to Chapter 9 of our workbook, where we will explore the theme of "Surrendering the Closeness for Control." Control often comes at the expense of genuine connection, preventing us from experiencing true closeness with God and others. In this chapter, we will delve into the reasons behind our need for control, the root of which is often the fear of being hurt. We will also examine how the pursuit of control can become a distraction from our calling and how it can provide a false sense of comfort. However, surrendering control to God brings forth numerous benefits, including the release of anxiety, fear, and depression that accompany the control wheel. Ultimately, running after control is truly about pursuing peace. So, let us delve into the transformative journey of surrender and discover the profound freedom that comes with releasing the grip of control.

Section 1: The Cost of Control

"In our pursuit of control, we forfeit the deep connections with God and others." - Charli Brown

Missed Connections: The need for control often prevents us from fully engaging in meaningful relationships with God and those around us, as our focus becomes fixated on manipulating outcomes.

Rooted in Fear: Control is often rooted in the fear of being hurt, betrayed, or experiencing pain, leading us to grasp for control as a means of self-protection.

Distraction from Calling: The preoccupation with control can become a distraction, pulling us away from fulfilling our unique calling and purpose.

Reflection Questions:

1. In what ways have you experienced the cost of control in your relationships with God and others?
2. How does the fear of being hurt contribute to the need for control? Can you identify specific instances where this fear has influenced your actions?
3. Reflect on how the pursuit of control may have diverted your attention from your calling. How can you realign yourself with God's purpose for your life?

Section 2: The Comfort and Fear of Control

"Addiction to control provides a false sense of comfort, while vulnerability remains a scary path." -Charli Brown

Comfort in Control: The addiction to control can create a false sense of security and comfort, providing a temporary relief from underlying fears and anxieties.

Fear of Vulnerability: Surrendering control requires vulnerability, which can be intimidating and challenging. It necessitates letting go of the illusion of power and embracing our need for dependence on God.

Benefits of Surrender: Releasing control to God brings freedom from anxiety, fear, and depression, allowing us to experience true peace and fulfillment.

Reflection Questions:

1. Have you found comfort in the addiction to control? How does it mask underlying fears and anxieties in your life?

2. Reflect on your hesitations and fears about embracing vulnerability. How can surrendering control and relying on God help you overcome these fears?

3. In what ways do you envision your life being transformed by surrendering control and experiencing the peace that comes from relying on God's guidance?

Section 3: Running After Peace

"Running after control is ultimately a pursuit of peace." - Charli Brown

Psalm 55:22 (ESV)

"Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved."

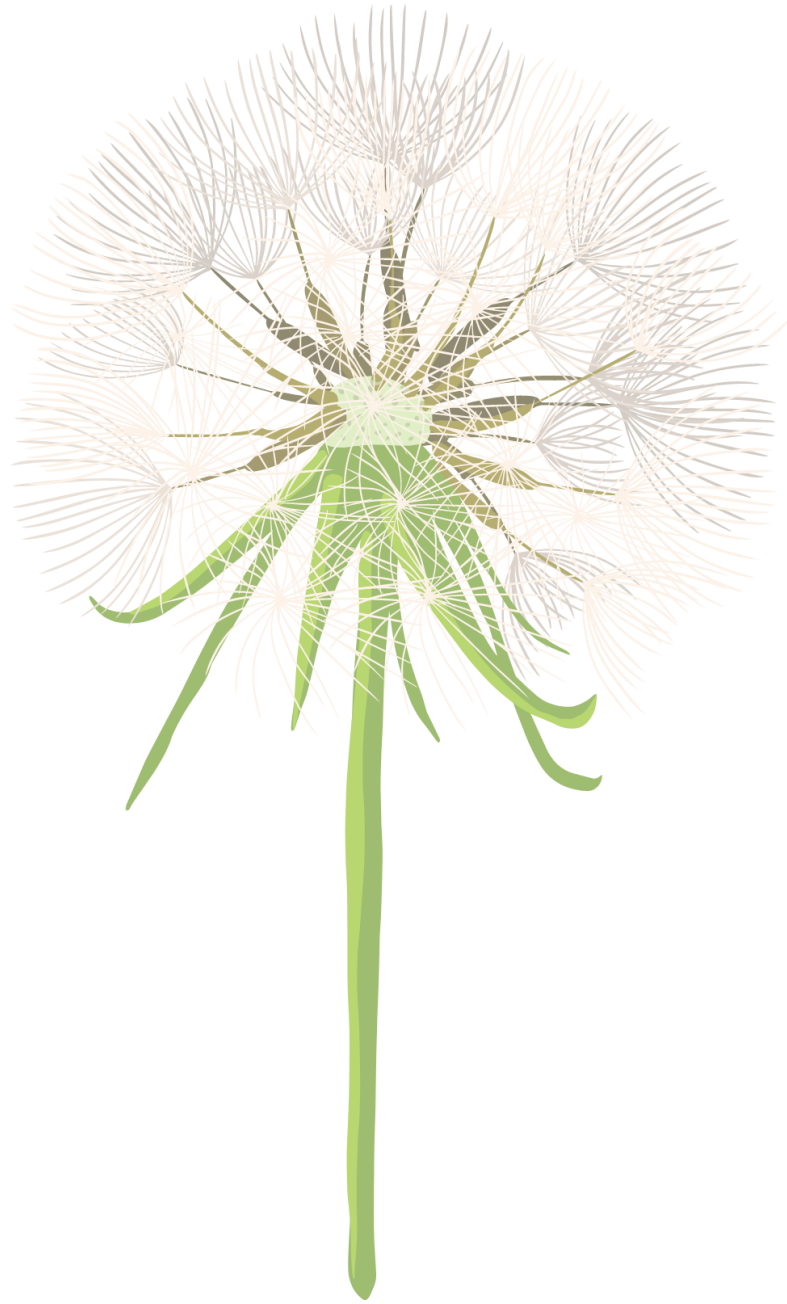
Philippians 4:6-7 (ESV)

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Reflection Questions:

1. How do the provided verses speak to the pursuit of peace through surrendering control?

2. How can casting our burdens on the Lord sustain you? Extra credit... Look up Psalms 55:22 in [The Blue Letter Bible.com](http://TheBlueLetterBible.com) and see what the Hebrew meaning of the word "cast" is.



Chapter 10: Wings Down, Girl

Introduction:

Welcome to Chapter 10 of our workbook, titled "Wings Down, Girl." In this chapter, we will explore the importance of finding stillness and embracing a slower pace in our lives. Often, the busyness and constant need for control can hinder our closeness to the Creator. By examining the wisdom found in Ezekiel 1:24-25 and understanding the significance of being still to hear God's voice, we can cultivate a deeper connection with Him. We will also address the consequences of over-commitment and the frustration that arises from trying to control everything. So, let us embark on this journey of slowing down, releasing control, and rediscovering the beauty of being still in the presence of God.

Section 1: Finding Stillness to Hear God's Voice

"Be still and listen; it is in the quiet moments that we can hear God's voice."
-Charli Brown

Ezekiel 1:24-25 (ESV):

"And when they went, I heard the sound of their wings like the sound of many waters, like the sound of the Almighty, a sound of tumult like the sound of an army. And when they stood still, they let down their wings."

The Significance of Stillness: In the midst of the noise and chaos of life, finding moments of stillness allows us to tune into God's voice, experiencing His presence and guidance.

Being Present with God: By intentionally setting aside time for stillness and quiet reflection, we create space for God to speak to our hearts and reveal His plans for us.

Reflection Questions:

1. How do you currently prioritize stillness and quiet in your daily life? Are there specific practices or rituals that help you find moments of tranquility?

2. Reflect on a time when you felt most connected to God's presence. What elements contributed to that experience of stillness and openness?

3. How can you incorporate more intentional moments of stillness in your routine to cultivate a deeper connection with God?

Section 2: Breaking Free from Overcommitment

"Saying yes to everything leads to overcommitment and frustration." -Charli Brown

The Pitfall of Overcommitment: The desire to control and please others often leads us to say yes to too many commitments, spreading ourselves thin and causing frustration.

Learning to Set Boundaries: Recognizing our limitations and learning to say no to certain obligations allows us to prioritize what truly matters and create space for rest and rejuvenation.

Reflection Questions:

1. Do you find yourself overcommitted and overwhelmed by saying yes to too many things? How has this affected your overall well-being and relationship with God?

2. Reflect on the importance of setting boundaries and learning to say no when necessary. What steps can you take to establish healthier boundaries in your personal and professional life?

3. How can creating space through saying no and embracing stillness help you regain a sense of balance and connection with God?

Section 3: Embracing the Power of Stillness

"In the stillness, we discover the power of surrender and find rest for our weary souls." -Charli Brown

Psalm 46:10 (ESV)

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

Matthew 11:28 (ESV)

"Come to me, all who labor and are heavy laden, and I will give you rest."

Reflection Questions:

1. How do the provided verses emphasize the significance of stillness and surrendering to God's presence?

2. Reflect on the ways in which embracing stillness and finding rest can impact your overall spiritual, mental, and emotional well-being.

3. How can you prioritize regular moments of stillness in your life, allowing God's peace and rest to rejuvenate your soul?

Conclusion:

In this chapter, we explored the transformative power of stillness and the detrimental effects of overcommitment and constant busyness. By finding moments to be still, we create space for God's voice to resonate within us. Embracing stillness enables us to surrender control, hear God's guidance, and find rest for our weary souls. Let us remember that slowing down and finding stillness is essential to maintaining a close relationship with the Creator and experiencing His peace and presence in our lives.



Chapter 11: The Eight Steps of Healing

Introduction:

Welcome to Chapter 11 of our workbook, "The Eight Steps of Healing." In this chapter, we will explore a step-by-step approach to finding freedom from the grip of control. Just as Alcoholics Anonymous follows a structured process, we too can apply similar principles to overcome our struggles with control. By embracing these steps, we can experience healing and restoration, relinquishing control to the One who is truly in control. So, let's embark on this transformative journey toward healing and discover the freedom that comes from surrendering our need to control.

Step 1: Admitting You Have a Problem

"The first step toward healing is admitting that we have a problem with control." -Charli Brown

James 4:10 (ESV):

"Humble yourselves before the Lord, and he will exalt you."

Step 2: Making the Decision to Surrender Control

"Make the decision to turn your control over to the One who is truly in control." -Charli Brown

Proverbs 3:5-6 (ESV):

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

Step 3: Taking an Honest Control Inventory

"Take an honest control inventory, examining both known and covert forms of control." -Charli Brown

Psalm 139:23-24 (ESV):

"Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way
everlasting!"

Step 4: Asking for Forgiveness

"Ask those you have controlled for forgiveness, seeking reconciliation and restoration." -Charli Brown

Ephesians 4:32 (ESV):

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

Step 5: Seeking God's Healing

"Seek God for the root of the need to control and ask Him to heal it." -Charli Brown

Psalm 34:17-18 (ESV):

"When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit."

Step 6: Praying for Increased Awareness

"Pray for increased awareness of control triggers." -Charli Brown

Psalm 139:23-24 (ESV):

"Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way
everlasting!"

Step 7: Taking a Pause and Asking Three Questions

Ephesians 4:29 (ESV):

"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."

Step 8: Admitting It Is Not Your Weed to Pull

1 Peter 5:6-7 (ESV):

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you."

Reflection Questions:

1. How willing am I to admit that I have a problem with control? What steps can I take to embrace humility in this area of my life?

2. Have I truly made the decision to surrender control to God, or am I still holding onto certain areas? What specific actions can I take to fully entrust my life to Him?

3. As I examine my control inventory, what known and covert forms of control do I discover? How do these behaviors impact my relationships and overall well-being?

4. Am I willing to seek forgiveness from those I have controlled? How can I demonstrate genuine remorse and a commitment to change in those relationships?

5. In seeking God's healing, am I open to His revelation regarding the root causes of my need for control? How can I actively involve Him in my healing journey?

6. Have I been praying for increased awareness of control triggers in my life? How can I create space for God to reveal these triggers and guide me in responding differently?

7. Do I practice taking a pause before reacting in a controlling manner? How can I integrate the three questions ("Does this need to be said? Am I the one who needs to say it? Is now the time to say it?") into my decision-making process?

8. Am I ready to admit that it is not my responsibility to control everything and everyone? How can I surrender those burdens to God and trust in His sovereignty?

9. How has the pursuit of control hindered my ability to connect with God and others on a deeper level? What steps can I take to prioritize stillness and cultivate a closer relationship with the Creator?

10. What fears or anxieties prevent me from fully releasing control and surrendering to God? How can I lean on His promises and trust in His perfect love to overcome those fears?

Take some time to reflect on these questions and consider journaling your thoughts and insights. Remember, healing and growth require intentionality and a willingness to surrender control to the loving hands of our Heavenly Father.

Conclusion:

In this chapter, we explored the eight steps of healing from the stronghold of control. By admitting our struggles, surrendering to God, taking an honest control inventory, seeking forgiveness, and engaging in self-reflection, we can embark on a transformative journey toward freedom. Through prayer, increased awareness, and asking crucial questions, we learn to let go of control and trust in God's wisdom. As we embrace these steps, we can experience healing, restoration, and a renewed sense of peace in our lives. Remember, it is not your weed to pull, but rather, it is an opportunity to trust in the One who holds all things in His hands.



Chapter 12: Just Get Close to Me

Introduction:

Welcome to Chapter 12 of our workbook, "Just Get Close to Me." In this final chapter, we will explore the essence of true surrender and the importance of drawing near to God. Contrary to what we may believe, God doesn't require us to have control; He simply desires us to be close to Him, trusting in His perfect wisdom and guidance. As we delve into this topic, we will discover that control is not a fruit of the Spirit, but rather, self-control is. So, let's explore the beauty of surrendering control and embracing a closer relationship with our loving Heavenly Father.

Section 1: Surrendering Control and Drawing Near

"God doesn't need us to have control; He just needs us to be close to the One who is." -Charli Brown

James 4:8 (ESV):

"Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded."

Reflection Questions:

1. How have I been striving for control instead of seeking a deeper relationship with God? In what ways can I shift my focus to drawing near to Him?

2. What fears or concerns arise when I consider surrendering control and simply being close to God? How can I address and overcome these fears through prayer and faith?

3. In what areas of my life do I struggle to trust in God's wisdom and guidance? How can I actively cultivate a deeper sense of trust and surrender in those areas?

4. What are some practical steps I can take to prioritize drawing near to God on a daily basis? How can I create intentional moments of stillness and connection with Him?

5. How does the realization that control is not a fruit of the Spirit, but rather, self-control, impact my understanding of surrender and reliance on God? How can I seek the Holy Spirit's help in developing self-control in my life?

Section 2: Release and Let God Work

"Remember, it's not your weed to pull." -Charli Brown

1 Peter 5:6-7 (ESV):

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you."

Reflection Questions:

1. What burdens and anxieties have I been carrying that are not mine to bear? How can I release them to God and trust in His care and provision?

2. How does the understanding that it's not my responsibility to pull every weed in life free me from the need to control? How can I embrace a posture of humility and surrender, allowing God to work in His perfect timing?

3. What practical steps can I take to let go of unnecessary control and embrace reliance on God's guidance and provision? How can I continually surrender my desires and plans to His greater purpose?

4. How does releasing control and entrusting it to God free me to experience peace, joy, and a deeper connection with Him? How can I cultivate a heart of gratitude and trust as I surrender control?

Conclusion:

In this final chapter, we have explored the beauty of surrendering control and drawing near to God. We have learned that He doesn't need us to have control, but He simply desires us to be close to Him. As we relinquish our desires for control and embrace self-control through the power of the Holy Spirit, we experience true freedom and a deeper relationship with our Heavenly Father. Remember, it's not your weed to pull, but rather, it is an invitation to draw near, trust in God's wisdom, and allow Him to work in His perfect timing. May you find peace, joy, and fulfillment as you journey in surrender and closeness to the One who loves you unconditionally.



From the desk of Charli Brown

ABOUT THE AUTHOR

You will laugh, cry, and be inspired to change with Charli.

*As seen on *The Practical Portion* (Messianic Lamb Network) and *The Portion*, Charli Brown is that speaker and author that personally connects with you while taking you on a journey of change. Her passion is breaking down tough topics using humor*

*and relatable stories. She is the founder and director of the international ministry, *The Rooted Kafe*.*

This strategic leadership expert and gospel storyteller began ministry as a Chapel Manager in the National Guard. From there she began teaching and speaking nationwide while also pastoring several congregations and women's ministries.

Charli is currently working on her doctorate degree in Organizational Leadership. You will find her on stage inspiring leaders to build strong teams or at women's conferences bringing healing for women to grow and lead in the way they were created.

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