

When Life Feels Out of Control What If It's True? – Part 2

**Life Church St. Louis March 1, 2026
Lead Pastor Dan Walker, PhD, MDiv**

Introduction

Philippians 4:19 (ESV) And my God will supply every need of yours according to his riches in glory in Christ Jesus.

Psalms 103:2-3 (ESV) Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases,

Psalms 34:18 (ESV) The Lord is near to the brokenhearted and saves the crushed in spirit.

1. Follow Jesus When He Redirects Your Life

Mark 1:16 (ESV) Passing alongside the Sea of Galilee, he saw Simon and Andrew the brother of Simon casting a net into the sea, for they were fishermen.

Mark 1:17 (ESV) And Jesus said to them, "Follow me, and I will make you become fishers of men."

Mark 1:18 (ESV) And immediately they left their nets and followed him.

Mark 1:19 (ESV) And going on a little farther, he saw James the son of Zebedee and John his brother, who were in their boat mending the nets.

Mark 1:20 (ESV) And immediately he called them, and they left their father Zebedee in the boat with the hired servants and followed him.

2. Submit to Jesus' Authority in His Word

Mark 1:21 (ESV) And they went into Capernaum, and immediately on the Sabbath he entered the synagogue and was teaching.

Mark 1:22 (ESV) And they were astonished at his teaching, for he taught them as one who had authority, and not as the scribes.

Mark 1:23 (ESV) And immediately there was in their synagogue a man with an unclean spirit. And he cried out.

Mark 1:24 (ESV) "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God."

3. Rest in Jesus' Authority Over Darkness

Mark 1:25 (ESV) But Jesus rebuked him, saying, "Be silent, and come out of him!"

Mark 1:26 (ESV) And the unclean spirit, convulsing him and crying out with a loud voice, came out of him.

Mark 1:27 (ESV) And they were all amazed, so that they questioned among themselves, saying, "What is this? A new teaching with authority! He commands even the unclean spirits, and they obey him."

Mark 1:28 (ESV) And at once his fame spread everywhere throughout all the surrounding region of Galilee.

When Life Feels Out of Control Study Guide

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1. When life feels out of control, where do you instinctively turn for stability and hope?
2. How does this promise reshape your fear about financial or personal needs? (Philippians 4:19)
3. What does it mean for you to remember and bless the Lord for His benefits in seasons of sickness or weakness? (Psalm 103:2-3)
4. How does knowing the Lord is near to the brokenhearted change the way you walk through relational pain or disappointment? (Psalm 34:18)

1. Follow Jesus When He Redirects Your Life

1. What stands out to you about where and how Jesus meets Simon and Andrew in their ordinary workday? (Mark 1:16)
2. What does Jesus promise to do in the lives of those who follow Him, and how does that challenge your current direction? (Mark 1:17)
3. What does the immediate response of the first disciples reveal about trust and surrender? (Mark 1:18)
4. What practical step might Jesus be asking you to take if He is redirecting an area of your life right now?

2. Submit to Jesus' Authority in His Word

1. What does Jesus' decision to teach in the synagogue reveal about the place of God's Word in public worship? (Mark 1:21)
2. Why were the people astonished at Jesus' teaching, and how is His authority different from other voices you hear today? (Mark 1:22)
3. What does the reaction of the unclean spirit show about the power and identity of Jesus? (Mark 1:23-24)
4. How can you intentionally build daily and weekly rhythms that place you under the authority of God's Word?

3. Rest in Jesus' Authority Over Darkness

1. What does Jesus' command to the unclean spirit reveal about His authority over spiritual darkness? (Mark 1:25)
2. How does the departure of the unclean spirit demonstrate the freedom Jesus brings? (Mark 1:26)
3. Why were the people amazed at both Jesus' teaching and His power, and what does that teach us about His complete authority? (Mark 1:27-28)
4. In what area of fear, oppression, or spiritual struggle do you need to actively trust Jesus' authority instead of trying to handle it alone?

Conclusion

1. Which area of your life currently feels most out of control, and what would it look like to surrender it fully to Jesus?
2. How can you move from trying to manage everything yourself to actively trusting the authority and power of Christ this week?