“Feelings are indicators, not dictators. They can indicate where your heart is in the moment, but that doesn't mean they have the right to dictate your behavior and boss you around. You are more than the sum total of your feelings and perfectly capable of that little gift . . . called self-control.” — Lysa TerKeurst, Unglued

James 4:6-10

We will never ever be able to overcome our tendency to control people or situations until we seek humility … before God and man, particularity as it relates to how we treat others.

| no need to control | addicted to control |

“True intimacy with God always brings humility. Whatever God is urging you to clear away cannot begin to be compared to what He ultimately wants to bring you.” — Beth Moore, Good Reads

Genesis 3:16 “… her desire will be for her husband …”

Desire: ________________________________

When we are in Christ, we have the power to call a truce in our marriage and bring harmony back to the relationship. A Biblically harmonious marriage is when a husband loves his wife sacrificially and a wife respects her husband unconditionally. (Ephesians 5)
“How can you say to your brother, ‘Brother, let me take the speck out of your eye,’ when you yourself fail to see the plank in your own eye? You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother’s eye.”
Luke 6:42
For Further Study

Reflect on God’s abundant provision at Marah; re-read Exodus 15: 22-27.

Taken from nutrition-and-you.com - “Dates are essential nutrients, vitamins, and minerals that are required for normal growth, development and overall well-being.” Dates provide the following:

- replenish energy and revitalize the body instantly
- rich in dietary fiber
- contain antioxidants known as tannins - known to possess anti-infective, anti-inflammatory, and anti-hemorrhagic (prevent easy bleeding tendencies)
- sources of vitamin-A
- excellent source of iron and potassium
- rich in minerals like calcium, manganese, copper, and magnesium
- moderate levels of B-complex group of vitamins as well as vitamin K

Read and reflect on the verses below. Note if they have to connection to our tendency to control God, a husband, children, others and/or situations.

Genesis 3
Psalm 51:16-17
Proverbs 3:1-8
Ephesians 4:29-32
Ephesians 5 (read this in the Amplified version of the Bible if possible)
Philippians 2:3-14
James 3:6 – James 4:10