

**Series: Be Free Week 1: Free from Control**  
**"Put Down the Remote Control"**  
**Galatians 1:11–24**  
**Small Group Discussion Guide**

**Icebreaker**

If you had a universal remote for life, what is one thing/trouble/time in life you would fast-forward, pause, rewind, or mute? Why?

**Discussion Questions**

How would you describe Saul (Paul) before his encounter with Jesus? (Galatians 1:13 – 14)

What changed in Paul's life after he experienced God's grace?

What does grace mean to you? Can you think of anyone you know/have heard of who was changed after experiencing God's grace? Have you?

Why do people try to control other people or circumstances? Share a time you felt controlled by someone. How did that make you feel?

How does fear play a role in controlling behavior?

How does grace free us from both controlling others and being controlled by others? (see sermon page 6 for the sermon points).

What does it mean to 'hold goals lightly' rather than turning them into gods?

**Application**

Where do you see a desire for control showing up in your own life right now?

Is there a relationship in which you are tempted to control outcomes or people?

Are there areas where you feel controlled by expectations, fear, circumstances, or another person?

What would it look like to trust God more fully in that situation?

What is one practical way you can 'put down the remote control' this week?

**Prayer**

Share one area where you need God's grace to help you release control and trust Him more.