

# Mark Piening

TESTIFY : Lighten Up : MANUP.co

***“Let the redeemed of  
the Lord tell their Story.”***

Psalm 107:2

***“Dad, you’ve got to Lighten Up.”***

## **The Truth about Control.**

- We try to control things that are outside of our control.
- We carry things we were never meant to carry.
- We hurt the people around us.
- We lose our joy.

### **Proverbs 3**

<sup>5</sup> Trust in the Lord with all your heart; do not depend on your own understanding. <sup>6</sup> Seek his will in all you do, and he will show you which path to take. <sup>7</sup> Don’t be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. <sup>8</sup> Then you will have healing for your body and strength for your bones. <sup>9</sup> Honor the Lord with your wealth and with the best part of everything you produce. <sup>10</sup> Then he will fill your barns with grain, and your vats will overflow with Good wine.

***SURRENDER is the only  
remedy for CONTROL.***

# 3 Ways to Surrender.

## 1. Trust God.

### Proverbs 3:5-6

<sup>5</sup> Trust in the Lord with all your heart; do not depend on your own understanding. <sup>6</sup> Seek his will in all you do, and he will show you which path to take.

- Trust God with the small stuff.
- Trust God with the big stuff.

## 2. Obey God.

### Proverbs 3:7-8

<sup>7</sup> Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. <sup>8</sup> Then you will have healing for your body and strength for your bones.

- Obey God when you don't understand.
- Obey God when you don't agree.

## 3. Honor God.

### Proverbs 3:9-10

<sup>9</sup> Honor the Lord with your wealth and with the best part of everything you produce. <sup>10</sup> Then he will fill your barns with grain, and your vats will overflow with Good wine.

- Honor God with your money.
- Honor God with your work.
- Honor God with your blessings.

**Q:** What are you trying to control?

**Q:** What are you ready to surrender?