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## Is God sovereign over me?



### ROMANS 8:26, 28

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words...<sup>28</sup> And we know that for those who love God all things work together for good, for those who are called according to his purpose.

**God is sovereign—He is always in control.** God does whatever pleases Him. He decides whether we can do what we have planned. He has total control over all people. Nothing that happens in our lives is ever out of God's control.

**Have you ever thought that things in your life are out of control?** Maybe someone you love has been injured in an accident or died of a terrible disease. Perhaps your family is having a hard time because one or both of your parents have lost their jobs. Maybe someone is being mean to you or treating you unfairly. When you are sick, or when troubles come, you must believe that God loves you and that everything is under His control. He will do what is best for you even though you may not think the situation is good.

**The Bible says, And we know that for those who love God all things work together for good, for those who are called according to his purpose (Romans 8:28).** Nothing that happens to you is too small for God not to know about. Nothing is too big for Him to control it. When you can't understand why things happen, just remember that God is in control. You can trust your loving Heavenly Father.



### THINK ABOUT IT!

What should you remember when you are going through a hard time?



### TALK TO GOD

Thank God that He is in control of your life. Ask Him to help you remember that He loves you and will do what is best for you.