

SERIES: YOU'RE NOT THE BOSS OF ME

Episode 1: "From the Heart"

When left unchecked, our emotions have the potential to control us. So, how do we silence the voices that fight for our attention?

QUESTIONS

- Have you ever said something
 and later wondered, "Why did I say that?" Explain.
- Which of the following emotions
 shows up most often in your
 life? Anger Envy Insecurity •
 Guilt Fear Greed
- O3 What triggers this emotion?What happens when it takes control?
- Do you have experience with

 a religious organization that
 implied or stated that your
 behavior is primarily what God
 cares about? If so, explain.
- O5 Is it hard to believe that God
 has your best interests at heart? Why or why not?
- What's something you can do
 this week to avoid letting an
 emotion get the best of you?

NOTES

BOTTOM LINE

Following Jesus leads to peace on the inside, even when things aren't good on the outside.