

- From the Heart -

We all monitor our behavior to some degree – it keeps us out of trouble and helps in our personal and professional relationships. But Jesus invites his followers to take monitoring a step further and monitor what's going on in our hearts.

ICE-BREAKER:

- **When you were a kid, what's one thing you did that always got you in trouble?**

DISCUSSION:

1. **Read Matthew 15:1–20**.
   - What stands out to you from this passage?
   - Jesus takes a very harsh tone with these particular Pharisees. What is at the core of their question that makes Jesus so upset?
   - From the Pharisee's perspective, what about Jesus' response could come across as threatening to their way of life?
   - If you could summarize what Jesus is trying to communicate, how would you say it in one sentence?
2. **Which of the following emotions has a way of becoming the boss of you?**

   Anger? Envy? Guilt? Fear?
3. **What does it sound like (internally) when you're listening to the "boss" you mentioned from the previous question?**
4. **What is an early indicator that you are about to hand over control to that particular emotion?**
5. **What regularly happens in your life that triggers that emotion?**
6. **Instead of being bossed by the emotion, describe how you would ideally like to handle things when that situation occurs.**

APPLICATION:

Our emotions don't have to be the boss. In fact, Christians already have a better boss than anger, envy, guilt or fear. Read and comment on Jesus' invitation to be your boss, below…

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
(Matthew 11:28–29)