



CG Notes - You're not the boss of me - Week 2

Welcome - who was the first boss you can ever remember working for?

We all have good and bad 'boss' stories, anyone got any funny ones?

This series is called 'You're not the boss of me'

The tag line is 'How do we say no to the emotions that compete for control?'

Word - Recap on the series so far by reading and looking at **Matt. 15 v.17-20**

What do these verses say and what do they mean? What's Jesus getting at?

What comes out of you is already in you

- When have you experienced the truth of this statement? Recount some examples...
- Why are emotions so hard to control at times?

Use the questions from the end of week 1 to open up some conversation....

1. Which of following has a way of becoming the boss of me?

Anger, guilt, insecurity, envy, fear, greed, lust.

2. What does it sound or look like when I'm taking my cues from the answer to q. 1?

3. What is my first indication that I'm about to hand over control?

This week's emotion is GUILT

- What comes to your mind when you hear the word guilt?

We suggested there are 3 approaches to guilt, deny it, be defined by it or the 3rd way, resolve it.

- What have been your experiences when it comes to guilt in your own life?
- How does guilt create a weight that throws us off balance?

The apostle Paul knew more guilt than most of us but he didn't deny it or be defined by it he documented it!

Read the following verses and let the words impact your life....**Romans 8 v.1-4.**

- Why are these verses so powerful?
- How does this provide a 3rd way of handling the emotion of guilt?
- When it comes to your guilt, are you more likely to deny it or wallow in it?
- Talk about the tension this statement creates in you, 'guilty but not condemned'
- Is somebody waiting for you to make the first move? Share your past experiences of when you've walked this out....

Finish by praying for one another....be sensitive.....be open.....be thankful for the freedom we can find in Jesus.....he took the weight of our guilt onto his shoulders!!