YOUR MOVE
WITH ANDY STANLEY

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

01 Have you ever said something and later wondered, *"Why did I say that?"* Explain.

02 Which of the following emotions shows up most often in your life? Anger • Envy • Insecurity • Guilt • Fear • Greed

03 What triggers this emotion? What happens when it takes control?

04 Do you have experience with a religious organization that implied or stated that your behavior is primarily what God cares about? If so, explain.

05 Is it hard to believe that God has your best interests at heart? Why or why not?

06 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.

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Episode 2: "Guilt"

We all have a past, but how do we move forward when the weight of our past impacts our ability to live in the present?

QUESTIONS

01 What comes to mind when you think of "guilt"?

02 Does guilt express itself in your current relationships? If yes, how?

03 Has the type of Christianity you've experienced in the past condemned you or offered you freedom from condemnation? Explain.

04 Have you ever felt that your past disqualifies you from a relationship with God? If yes, explain.

05 Is someone from your past waiting for you to make the first move? If yes, what would it take for you to make that move?

NOTES

BOTTOM LINE

My past will remind me; it will not define me.

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Episode 3: "Envy"

There will always be someone who seems smarter, richer, or cooler. So how do we keep discontentment and comparison from stealing the life that's right in front of us?

QUESTIONS	NOTES
01 What currently triggers your strongest feelings of envy (e.g., social media, friends, work)? Explain.	
02 Are you competing internally with anyone (e.g., a parent, sibling, friend)? Is there something you're trying to prove to them?	
03 Are there things in your life you're not enjoying because of envy toward someone else? Explain.	
04 *"Better one handful with tranquility than two handfuls with toil and chasing after the wind"* (Eccl. 4:6). Is there a situation in your life in which you might find peace if you were to pursue less, instead of more?	
05 In an effort to combat envy, who is someone you can celebrate, congratulate, or thank? What might be the result?	

BOTTOM LINE

Look to others for inspiration, not imitation.

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Episode 4: "Anger"

Anger shows up when we're not getting what we want. But would it lose its grip if we looked beyond the things we want—or even deserve?

QUESTIONS

01 Describe your relationship with anger. Do you tend to shout out or shut down?

02 What and/or who triggers your strongest feelings of anger? Explain.

03 Think about a recent situation in which you found yourself becoming angry. What did you want that you didn't get?

04 Wisdom leads to humility. What would it look like to practice humility in a situation that typically angers you?

05 Why is it so difficult to practice humility when we're angry?

06 What can you do the next time you feel anger bubble up inside of you? What are some warning signs to watch out for?

NOTES

BOTTOM LINE

Silence anger with humility.

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Episode 5: "Fear"

Living with too much fear can cause us to become self-absorbed, distracted, and overly protective. So how do we keep fear from controlling what we say and do?

QUESTIONS

01 On a scale from 1 to 10, how fearful do you consider yourself?

02 When fear comes your way, what is your go-to coping mechanism?

03 Our internal fears influence the decisions we make. When has fear helped you make a good decision? When has it led you to make a decision you later regretted?

04 Describe a recent situation in which you've felt more fear than usual.

05 If you grew up in or around Christianity, did you ever hear that God cares about your personal circumstances? Explain.

06 Fear is a part of everyone's life. What role would you like it to play in your life? What could you do to make this happen? Could "casting your doubts and fears on Jesus" make a difference?

NOTES

BOTTOM LINE

A life following Jesus isn't a fearless life; it's a life beyond fear's control.

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Episode 6: "Undercover Boss"

Sometimes the people closest to us are the ones who see the mistakes we're about to make—mistakes that could be avoided if only they said something. So how do we speak up when there's something worth saying?

QUESTIONS

01 When presented with a difficult situation, do you tend to dive right in or get as far away as possible? Explain.

02 *"If you don't deal with your demons, they go into the cellar of your soul and lift weights."* Through your past experiences, have you found this to be true? Explain.

03 Describe a time when loving someone you care about didn't feel like love at all.

04 Has someone ever taken a big risk by confronting you about something? If so, how did it go?

05 Is there someone in your life right now who needs to hear from you? How could you prepare for this difficult conversation?

NOTES

BOTTOM LINE

Love forbids us from minding our own business when someone's business needs a bit of minding.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.

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