



## You're Not the Boss of Me

Kayla Hurst, San Francisco Lead Pastor

Your emotions are not \_\_\_\_\_.

“Are you still so dull?” Jesus asked them. “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them.”

-Matthew 15:1-20

Emotions aren't \_\_\_\_\_, they just shouldn't be in \_\_\_\_\_.

We have to monitor and control what is \_\_\_\_\_ us so it doesn't \_\_\_\_\_ of us.

Those closest to us experience the \_\_\_\_\_ of our hearts every day.

We already have a \_\_\_\_\_ of us!

“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