

# **YOU'RE NOT THE BOSS OF ME**

**From the Heart**  
Andy Stanley

**Scripture:** Matthew 15:1-3, 6-8, 10-12, 14-20; Mark 7:22; Matthew 11:28-29

**Idea:** How do we say no to the emotions that compete for our control? Monitoring our behavior is not enough. We need to monitor our hearts.

*[Today we begin a new series:]*

**Graphic:** Title slide for *You're Not the Boss of Me: How to Say "No" to the Emotions That Compete for Control*

## **Introduction**

*[Nobody likes to be told what to do. We discover this early about ourselves and our children. The American dream is to have...]*

### Autonomy

*[Autonomy is being able to do what I want to do when I want to do it, with enough money to pay for it and keep me out of trouble when I get caught. It's an alluring goal because we're all convinced that...]*

Once I can call my **own** shots, I'll call all the **right** shots.

*[It's why we're baffled by stories of autonomous people making decisions that undermine their autonomy. Once we hear someone's story, we think, "That wouldn't happen to us." Maybe that's true. In order for that to be so, there's something we must do. I wrote it in the form of a poem.]*

Our need of **supervision** may someday come to an **end** if we **silence** the **toxic** voices that come from **within**.

*[Here's the negative version...]*

