

Inside Out
Ben Foote
May 10th, 2024

// Bible References: Phil 1:6, 18-19, 25; 4:4, 10; 1 Peter 4:12-13; John 10:10; Heb 12:2

// Community Question: Do you fall into the category of 1) A Disney Person or 2) The rest of us?

// Discussion Questions

1. Reflecting on the movie Inside Out, how might you apply the lesson of seeking joy and connection amid sadness in your relationships with family and friends? How can you support someone in your life who might be struggling to balance their feelings?
2. 1 Peter 4:12-13 tells us to rejoice during tough times because we share in the sufferings of Christ. What does this mean for how we cope with challenges in our lives? How might remembering that Jesus experienced suffering help you find joy in your own struggles?
3. Ben emphasized that biblical JOY means something MORE THAN just the fleeting emotional sense of happiness. Rather joy is a deeply rooted confidence that Jesus is still at work in our life. Can you think of a time in your life when you had to choose joy despite feeling sad or unhappy? How did that affect your perspective?
4. Ben highlighted that true joy involves acknowledging sadness and that both emotions support personal growth, much like Joy and Sadness working together in the movie. How can being honest with yourself and others about your sad feelings lead to a more joyful life?
5. Ben emphasizes that choosing joy during difficult times means holding onto confidence that God is not done working in our lives. What specific steps can we take to embody this understanding of joy in your daily life, especially when faced with challenges?

// Challenge: After sharing a personal example of a difficulty you are facing, discuss as a group how our perspective of the difficulty might change if we chose to hold tightly to the CONFIDENCE that A) Jesus *IS NOT DONE WITH US*, B) He who began a good work in you *WILL* bring it to completion?