

SERMON NOTES

Week 4 July 27, 2025

"Inside Out 2"

Mark 3:5, 8:12; John 11:35; Luke 10:21, 22:44; Romans 12:2;
Psalm 139:14; Isaiah 41:10; Matthew 6:25-27;
Philippians 4:6-7; Colossians 3:12-14

I. Emotions and Sense of Self

- A. 'Inside Out 2' was the highest-grossing _____ film of all time.
- B. Emotions are a _____ from God.
- C. Our sense of _____ comes from God.

II. Anxiety

- A. In 2024, the Surgeon General called _____ the 'defining public health crisis of our time.'
- B. Our body's capacity to experience _____, and our ability to respond to perceived threats, is a gift from God.
- C. There are four actions we can take to _____ with our anxiety. (**FEAR**)
 - a. **F**ace your fears with faith.
 - b. **E**xamine your assumptions in light of the facts.
 - c. **A**ttack your anxieties with action.
 - d. **R**elease your cares to God.

III. Friendship and Restoration

- A. Riley's _____ leads to reconciliation with her friends.
- B. In Colossians 3:12-14, the Apostle Paul tells us the _____ that we need to have successful relationships.

Things I Would Like to Remember About This Message



ASBURY DAILY STUDY GUIDE *July 28 – August 2, 2025*

INTRODUCTION

Inside Out 2 is a Disney/Pixar sequel to the 2015 animated film *Inside Out*. *Inside Out 2* features Riley entering puberty and experiencing brand new, more complex emotions as a result. As Riley tries to adapt to her teenage years, her old emotions try to adapt to the possibility of being replaced.

Monday: Luke 10:17-21, Philippians 4:1-4 (Joy)

In Luke 10, Jesus was going to Jerusalem (cf. Luke 9:51), where the cross awaited. Yet Satan was falling—Jesus was marching to victory, not defeat. Jesus talked with the seventy-two (or seventy—ancient copies of Luke differ on this minor point) after their mission ended. Their visible success excited the disciples, but Jesus re-directed their thoughts. In 10:20, how did he turn their eyes to the ultimate reason for Christian joy, regardless of outward appearances?

Tuesday: John 2:14-17, Ephesians 4:26-27, 31 (Anger)

John Wesley once wrote, “Give me 100 men who hate nothing but sin and love God with all their hearts and I will shake the world for Christ!”* What are some of the evil attitudes and actions in the world that you believe make God angry? Note that Wesley wanted people who “hate sin,” not sinners. How would you distinguish “righteous anger” from the more common human expressions of anger that so often cause pain and suffering?

Wednesday: John 11:32-36, Luke 19:41-44, Matthew 5:4 (Sadness)

In the first *Inside Out* film, the character Joy tried to keep her partner emotion Sadness from touching Riley at all. But near the end, as Riley ran away because she missed her friends, Joy tugged Sadness to the control panel and said, “Riley needs you.” In *Inside Out 2*, at a difficult moment, Sadness said, “Joy, Riley wants you.” Have you learned to let the God-given range of feelings enrich and deepen your life, rather than trying to “bottle up” some of them due to shame or fear?

Thursday: Matthew 6:25-34 (Anxiety)

Don Joseph Goewey wrote that “85 percent of what subjects worried about never happened, and with the 15 percent that did happen, 79 percent of subjects discovered either they could handle the difficulty better than expected, or the difficulty taught them a lesson worth learning.” Jesus said, “Who among you by worrying can add a single moment to your life?” If we know worry doesn’t do any good, why do we do it so often?

Friday: Judges 6:11-16, 1 Kings 19:2-14, 2 Timothy 1:7, Hebrews 2:14-15 (Fear)

Overwhelmed by fear after the queen’s threat on his life, Elijah prayed, “It’s more than enough, LORD! Take my life because I’m no better than my ancestors.” God gave us a good model for how to help someone gripped by fear by sending a messenger who brought food, rest, and caring rather than scolding. How has God, directly or through people, supported you when you have needed it? How can you best help someone else who is struggling with fear?

MOVING FORWARD

In the movie *Inside Out 2*, Anxiety slowly takes over Riley’s life, which speaks to many people’s experiences today. America is currently facing an anxiety crisis especially among teens and young adults. In order to deal with anxiety, we need to do the following:

- 1) Face your fears with faith.
- 2) Examine your assumptions in light of facts.
- 3) Attack your anxieties with action.
- 4) Release your cares to God.

Overcoming anxiety is important if we want to find peace.

Answers to the sermon notes: IA) animated, B) gift, C) worth. IIA) anxiety, B) fear, IIC) deal. IIIA) humility, B) virtues.

* From <https://gracequotes.org/quote/give-me-100-men-who-hate-nothing-but-sin-and-love-god-with-all-their-hearts-and-i-will-shake-the-world-for-christ/>