

ASBURY at the MOVIES

SMALL GROUP STUDY GUIDE

Week 4 July 27, 2025
“Inside Out 2”



OPENING PRAYER

Heavenly Father, we thank You for bringing us together today as a community of hearts and minds, eager to grow in wisdom and faith. As we gather to reflect on Your Word and explore its themes through the lens of *Inside Out 2*, we ask for Your presence to guide us. Help us to see how joy, sadness, fear, anger, and even anxiety can reveal the complexity of being human and the beauty of relying on You. May this time together deepen our understanding, build our compassion for one another, and draw us closer to You. In Jesus' name we pray. Amen.

SCRIPTURE PASSAGES

Matthew 6:25-27 (NIV)

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?”

Philippians 4:6-7 (NIV)

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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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.

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.

QUESTIONS

1. Did you see the movie *Inside Out 2*? What are your thoughts on the movie?
2. 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?
3. Anxiety plays a major role in Riley's development in the film. How does the Bible address anxiety (e.g., Philippians 4:6-7, Matthew 6:25-34)? How can we learn to manage fear and anxiety in a way that honors God?
4. Riley begins forming a new "Sense of Self" in *Inside Out 2*. How does the Bible define our identity in Christ (e.g., 2 Corinthians 5:17, Galatians 2:20)? In what ways can our faith guide us through seasons of change like adolescence?
5. *Inside Out 2* emphasizes how relationships impact Riley's emotions and decisions. How does Scripture encourage healthy friendships and community? How do these relationships shape who we are?

FINAL APPLICATION

What can you do this week to be less anxious?