



DATE(S)

September 3-4, 2022

SERIES AND LESSON TITLE

At The Movies – Week 5

TAKE-HOME POINT (THP)

Process your emotions in prayer.

SCRIPTURE FOCUS

Job 1:1, 1:11, 1:22
Job 42:12

ANNOUNCEMENTS

Give any Campus-Specific Announcements



OPENING GAME / GROUP TIME

LARGE-GROUP GAME/ACTIVITY

***NO GAME

Due to the shorter service times in the main auditorium and the longer video messages in 56, we will not include a weekly game for 56 during At The Movies. Watching a movie and eating free popcorn for 5 weeks in a row is a good substitute!

OPENING SMALL GROUP

QUESTIONS

ACTIVITIES

Take attendance and make sure to welcome anyone who is a first-time guest!

What was the highlight of your week?

What emotion do you tend to experience the most often?

What emotion do you tend to experience the strongest?

When you're finished (and there's time), pray for our time of worship/singing.

STUFF TO ASK TO UNIQUELY CONNECT THE LESSON TO KIDS' LIVES

STUFF TO DO SO THINGS AREN'T BORING



LARGE-GROUP SCRIPT

THE MESSAGE

At The Movies 2022
Inside Out

(Inside Out Clip #1 – 0:45-cut at 6:32, 7:10-7:32 – overlay audio from 7:10-7:17 over video from 6:31-6:38)

I started thinking about something that sets people apart from anything else in the world: emotions. We, as people, can experience all kinds of emotions...whether at a shallow level or a really deep level. Recently, some biologists with National Geographic studied whether or not animals could experience emotion like human beings. Based on what I read, it didn't seem like there was total agreement. On the one hand, animals seem to have emotions like happiness, anger, or fear. I mean, if you're an impala and a predator (like a lion) is chasing you down, I'm pretty sure you would be scared! If a herd of elephants, after traveling for several miles in the middle of an extremely hot climate, finally finds an oasis of water to drink from, I'm sure they would experience some happiness. However, I think humans can experience different emotions than animals as well as experience things like happiness or fear at a much deeper level.

A couple of years ago, a movie came out that explored this idea of human emotion in a super creative way.

Inside Out is a movie that tells the story of an 11-year old girl named Riley and each of the emotions introduced in that clip essentially "control" how she feels, reacts, and responds to different situations. Now, in my experience (and I'm sure this is true of many of you), my emotions tend to go a little crazy when unexpected things happen. For instance, when I've been surprised with a great present at Christmas or my birthday, my happiness is higher because it was a surprise. However, the opposite is true, too...when we changed schools and churches within a few years when I was a kid, it was a hard transition for me. Case in point...

(Use footage from 7:39-7:52) Riley's family moves to San Francisco and, as you can imagine, that means a lot of change. As I'm sure you know, change will bring out A LOT of different emotions!

(Inside Out Clip #2 – 8:14-11:35, 26:36-29:58, cut out 28:42-28:45)

Needless to say, Riley isn't adjusting very well moving to a new city, a new house, and a new school. I don't know if you've ever moved states or houses or schools before, but it's a big adjustment, and one that brings a ton of emotions. Sometimes, circumstances come into our lives and it's up to us on how we respond to it. That's somewhat true. However, I've found that my emotions can sometimes get the best of me – they end up controlling me rather than me controlling them. Has that ever happened to you?

THE MESSAGE

I believe every emotion we have comes from God. Have you thought about that? God created every emotion we can experience. We were uniquely created as human beings to feel...and feel deeply! When you feel emotions that deeply, man...they can have significant influence over your life – both good and bad. I want to share our THP (Take Home Point) for this message now because it will give us focus on this big topic of emotions. Here it is:

Process your emotions in prayer!

Now, why would it be important to process our emotions with God in prayer? I believe prayer is one of the best ways to build our relationship with God. Like any good friendship or relationship, you need to have conversations and spend time with that person to get to know them better. It's no different with God. When we simply express to God what we're feeling – whether it's through praying out loud, or journaling, or simply thinking about it silently – it honors what we're feeling is real...BUT...it also allows God to remain in control of them.

I want to share a quick story with you from the Old Testament of the Bible about a guy named Job. In the very first verse of chapter 1, it says this: *"In the land of Uz there lived a man whose name was Job. This man was blameless and upright; he feared God and shunned evil."* The writer of this book immediately tells us Job is someone who deeply loves and worships God. However, later in the chapter, God has a conversation with Satan (or the devil) about Job. Satan says that Job is only worshipping God because God has protected him from harm for his entire life. Satan tells God in verse 11: *"...stretch out your hand and strike everything he has, and he will surely curse you to your face."* God tells Satan that he can take everything from Job except actually harming him personally. Well, Job loses everything...his job, his crops, his livestock, his family...everything. At the end of chapter 1 in verse 22, it says (in spite of everything that happened), *"In all this, Job did not sin by charging God with wrongdoing."*

Throughout the rest of the book, there are times when Job DOES praise God, but there are other times where he does NOT. He has conversations with his friends, and they try to convince him that maybe God has forgotten about him. At times, Job believes them and expresses anger, hurt, and frustration toward God – the same God he was praising a chapter or two earlier. At the end of the book, in chapter 42 verse 12, it says, *"The LORD blessed the latter part of Job's life more than the former part."* Huh?! That doesn't make any sense. Why would God bless Job when he hasn't been as faithful and strong as he was before? Why would the story end like that?

Towards the end of the movie, Inside Out, two of Riley's main emotions, Joy and Sadness, are trying to reclaim everything about Riley's personality before the big move to California. Joy is convinced that Riley just needs to have Joy...and that's it. I mean, Sadness is only getting in the way at this point. However, in one particular scene, Joy finally realizes that maybe you CAN experience joy and sadness at the same time...

(Inside Out Clip #3 1:01:34-1:02:33, 1:07:25-1:10:27)

THE MESSAGE

This is a beautiful scene because it shows real life – a little girl crying, sad, distraught over the loss of a game – a challenge life has thrown at her. By opening up about the pain of that, it led to a deepening of her relationship with her parents and a really cool memory of her team celebrating with her.

****Voiceover over the top of 1:18:52-1:19:01** – Joy and Sadness finally make it back to help Riley, but Riley has made the decision to run away. The emotions are about to face their hardest test yet as they try to help Riley avoid making a really dangerous decision...

(Inside Out Clip #4 – out of voiceover into 1:19:02-1:20:25)

****Voiceover over top of 1:20:25-1:21:24 and then let the rest of the clip play out** – Joy realizes that the only way for Riley to be her old self again, she needs to feel sadness for everything that made her so happy. Riley hasn't expressed the sadness of moving away to her parents. Instead, she's been holding it inside.

*****Back to camera with short voiceover lead-in** One of the reasons I thought about the Old Testament story of Job when I watched this movie is no matter what Job was feeling, he did it all in front of God. He didn't hold anything back – both the good and the bad. I wonder what God might be trying to teach us both through the life of Job and this movie? I think it's this: no matter what emotions you are feeling in your life, talk about them with God. Don't STUFF your emotions; SAY your emotions! And don't only do the happy, everything-is-going-great stuff with God. Not that it's bad to do that...but tell Him about your anger, your hurts, your doubts...and yes, even tell Him when you're mad at Him or don't understand Him. He can handle it – trust me. He loves us so much and deeply knows us better than we know ourselves. He knows how we sound when we're desperate and hurting. He just wants us to tell Him about it because it means we're spending time with Him.

Why is that important you ask? I'll tell you why – it means you're still praying! You're still in relationship with God. So let's put our **Take Home Point** into practice and **Process our emotions in prayer**. Let's make this more personal – let's think about your life. Are you the type of person who tends to share what you're going through with others? Do you talk to family, friends, teachers, student pastors, small group leaders about what you're feeling? If you don't, why not? Are you nervous of what they might think? Can I challenge AND encourage you today? If you're struggling with something, don't keep that to yourself. Oftentimes, that's the WORST thing you could do. Stuffed emotions don't stay stuffed for long – eventually, they come out. Don't wait that long.

Some of you are probably thinking, "Oh yeah, Zach, easier said than done. It's hard opening up about my feelings...and even if it isn't hard for me to open up, it's hard for me to find the right people to open up to." I get it. I really do. I want to challenge you to open up your life to God and to others. If you don't feel comfortable opening up in front of a group, pull your leader or student pastor or close friend or one of your parent-figures aside and tell them one-on-one.

Process your emotions in prayer with God and in relationships with others so they don't take control of your life. Reach out for help. Don't do life alone. Trust me... **(start last clip on this line)** it will be the most freeing and healing thing you can do. **(Inside Out Clip #5 – 1:21:29-1:23:56 – fade to black)**



CLOSING GROUP TIME

CLOSING SMALL GROUP

QUESTIONS

*****Leader's Note:** Make sure to have some Bibles for the students to use.

What was the THP (Take Home Point) today and why was that important during the message?

Why is it sometimes scary or risky to open up to other people about what's going on in your life?

Will someone summarize the life of Job that we learned about today in the message? What did this teach us about emotions?

During the message, Zach said, "Don't STUFF your emotions – SAY your emotions." What do you tend to do and why?

What do you think is the difference between you being in charge of your emotions and God being in charge of your emotions?

How will the THP (Take Home Point) help you to live differently this week? Be specific. **(Leaders Note: Be sure to emphasize the importance of prayer as an everyday part of life!)**

How can this group pray for you this week?

ACTIVITIES

Sometimes, it is easy to not take our faith in Jesus all that seriously or even think, "I will worry about that when I get older." However, life and its challenges are happening right now, so what do we do when life deals us a tough challenge? Processing our emotions in prayer is an important practice because it helps us remember that life can be really hard sometimes!

This could be a good opportunity to mention and even hand out Book 1 of the Your Journey devotionals. Encourage your students to practice reading Scripture and praying/journaling daily or a few times a week!

After your group is finished with your discussion, close in prayer together!



PREP NEEDS

SMALL-GROUP SUPPLIES

Some Bibles for students to share during group discussion
Pen/paper for SOAP study (optional)

LARGE-GROUP SUPPLIES

Stupid Video of the Week
Message video
Message script
Message slides

AUDIO/VISUAL NEEDS

Pro Presenter or Playlister

