

## AT THE MOVIES

Inside Out  
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Discussion Notes  
The Crossing Church  
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### OPENING

Everyone loves a good story. Jesus was the master storyteller and, when He talked about spiritual truths, He used modern day stories to bring truth to life. Movies are like modern day parables and we are using these modern day stories to help us understand spiritual truths.

### SCRIPTURE<sup>1</sup>

**Mark 7:1-4** “The Pharisees and some of the teachers of the law who had come from Jerusalem gathered around Jesus and saw some of his disciples eating food with hands that were unclean, that is unwashed. (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. When they come from the marketplace they do not eat unless they wash. And they observe many other traditions, such as the washing of cups, pitchers and kettles.)

**Mark 7:5-6** “So the Pharisees and teachers of the law asked Jesus, ‘Why don’t your disciples live according to the tradition of the elders instead of eating their food with unclean hands?’ He replied, ‘Isaiah was right when he prophesied about you hypocrites; as it is written: *These people honor me with their lips, but their hearts are far from me.*’<sup>2</sup>”

**Mark 7:8** “You have let go of the commands of God and are holding on to the traditions of men.”

**Mark 7:17-19** “After he had left the crowd and entered the house, his disciples asked him about this parable. ‘Are you so dull,’ he asked. ‘Don’t you see that nothing that enters a man from the outside can make him unclean? For it doesn’t go into his heart but into his stomach, and then out of his body.’ (In saying this, Jesus declared all foods clean.)”

**Mark 7:20-23** “He went on, ‘What comes out of a man makes him unclean. For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man unclean.’ ”

**Proverbs 4:23** “Above all else, guard your heart, for it is the wellspring of life.”

**Nehemiah 8:10** “...for the joy of the Lord is your strength.”

**Psalms 51:12** “Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”

**Romans 15:13** “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

**Psalms 139:23-24** “Search me God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

### OBSERVATION

Inside Out is a movie about emotions. Five main characters, Joy, Sadness, Anger, Fear and Disgust, react to events that take place in the life of Riley, an eleven year old girl.

We know that:

- All emotions are valid and valuable;
- They are all created by God;
- We rarely pay attention to them;

**Question:** How do you express anxiety?

**Question:** If disgust is one of your emotions, in what circumstances do you feel it?

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<sup>1</sup> All scripture listed is NIV unless otherwise indicated

<sup>2</sup> Isaiah 29:13

We learn at an early age to monitor our behavior, but seldom learn about monitoring our emotions, about monitoring our hearts and Jesus addresses this as the core of our actions in Mark's Gospel, chapter 7. We may look good on the outside, but the inside is far from God. Evils come from the inside, but from deeper than the mouth, it is a problem of the heart. This is where the Seat of Emotion resides.

**Question:** What emotions are you dealing with that are out of control?

### **APPLICATION**

Christianity is an inside out faith.

- God works inside of us to bring something out of us;
- The essence of the Christian life is God renewing our hearts and our minds;
- This is not behavior modification, it is allowing God to work through us;
- Our tongues reveal the emotions that are in our hearts;

**Question:** What words are coming out of your mouth that you wish you could take back?

God's plan is to change us from the inside out. Emotions can be used for good or bad: for example, Jesus used anger against the temple moneychangers, and fear keeps us out of danger, but also out of God's will for our lives. So, be aware of your emotions, but don't become your emotions.

**Question:** Who are you are becoming?

**Question:** what emotions do you express that could result in good or bad behavior?

We all have blind spots in our lives that we will never identify if we don't ask others what it is like to relate to us. Our blind spots can be spiritual, relational, parenting, financial, etc.. These are areas that we just can't see by ourselves. Leaving them buried make them powerful, and they drive us, but when we identify them, they begin to lose their power.

**Question:** What is it like to be on the other side of you?

When we ask others this question we will experience three things:

- We will be encouraged;
- We will be surprised;
- We will be hurt;

**Question:** What causes you to hurt?

**Question:** When you are hurt, how do you react?

True joy is not the absence of sadness - it is the presence of God changing us from the inside out.

**Question:** If you feel distant from God and without joy, what can you do to change that?

### **PRAYER**

Heavenly Father, search me and change the things in my heart that are not pleasing to You. Open my spiritual eyes to my blind spots and help me to place them at Your feet as I ask others, "What is it like to be on the other side of me?" In all things, Lord, give me humility and discernment and restore to me the joy of Your salvation. In Jesus' name. Amen.

### **UPCOMING EVENTS**

The Global Leadership Summit is being hosted by The Crossing on August 11<sup>th</sup> and 12<sup>th</sup>. In a simulcast format, world class speakers will challenge you and give you the opportunity to influence those around you. Registration is available online at [thecrossinglv.com](http://thecrossinglv.com).