

Inside Out 2 Small Group Discussion Guide

Sermon Summary

This sermon explores anxiety through Disney Pixar's *Inside Out 2*, following 13-year-old Riley as she navigates new pressures and emotions. Just as anxiety takes control in Riley's mind, we often let anxious thoughts imprison us with "what if" scenarios. The message reminds us that anxiety is not our identity—we are God's beloved children. Through [Philippians 4:6-7](#), we learn to combat anxiety by rejoicing in the Lord, presenting our requests to God through prayer, and allowing His peace to guard our hearts and minds. The joy of the Lord becomes our strength against anxiety's lies.

Icebreaker Question

If you could have any emotion from *Inside Out* (Joy, Sadness, Anger, Fear, Disgust, or Anxiety) as your personal life coach for a week, which would you choose and why?

Discussion Questions

1. **Identifying Anxiety's Voice:** The sermon mentions that "anxiety loves to tell us stories about what could happen" through "what if" scenarios. What are some common "what if" thoughts that tend to spiral in your mind? How do you recognize when anxiety is speaking versus when you're having legitimate concerns?
2. **Joy vs. Happiness:** The pastor distinguished between happiness (a moment) and joy (a state of heart). How would you describe this difference in your own words? Can you think of a time when you experienced joy even during difficult circumstances?
3. **Anxiety and Identity:** The message emphasizes that "anxiety is not your identity." Looking at the biblical truths listed ([2 Corinthians 5:17](#), [Ephesians 2:10](#), [1 John 3:1](#), etc.), which truth do you need to remember most when anxiety tries to define you? How can we help each other remember our true identity?
4. **Practical Tools:** [Philippians 4:6-7](#) gives us a practical approach: don't be anxious, but pray with thanksgiving and let God's peace guard our hearts. The sermon also mentions praise and worship as remedies for anxiety. What practical steps have you found helpful in managing anxious thoughts? How can we make prayer and worship more natural responses to anxiety?
5. **Supporting Others:** The sermon acknowledges that some people deal with anxiety occasionally while others struggle with it constantly, and emphasized not shaming those who seek professional help. How can we as a community better support those who struggle with anxiety? What would you want others to know about supporting someone with anxiety?

Prayer Requests

- **For Freedom from Anxiety:** Pray for anyone struggling with anxious thoughts, panic attacks, or worry. Ask God to break the mental strongholds that anxiety creates and replace fear with His peace.
- **For True Identity in Christ:** Pray that we would remember and live from our identity as God's beloved children rather than letting anxiety define us. Ask for strength to believe God's truth about who we are over anxiety's lies.
- **For Wisdom in Seeking Help:** Pray for those who need professional support for anxiety disorders, that they would have courage to seek help without shame and find qualified, caring professionals to assist them.
- **For the Joy of the Lord:** Pray that we would experience the joy of the Lord as our strength ([Nehemiah 8:10](#)), and that this joy would guard our hearts and minds against anxiety's attacks.