

Inside Out 2

Ephesians 3 and Emotions with Youth

Inside Out 2 invites us to delve deeper into how our inner world shapes our outer life. This Quicksheet aims to support youth ministries, parents, and caregivers to foster meaningful discussions about identity, emotions, and faith after watching the movie *Inside Out 2*.

Key Scripture

Ephesians 3:16-17 – *I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.*

Key Takeaways from the Movie about Emotions & Identity

Our emotions are a fundamental part of who we are. They reflect our inner being and shape how we interact with the world. As a church community, we have the opportunity to nurture a healthy understanding of emotions in our youth and in ourselves.

1. Acceptance and Diversity of Emotions

- We affirm that every emotion has its place. Whether it's sadness, anger, joy, anxiety, or others, each emotion contributes to our holistic selves.
- Some emotions may feel more comfortable than others, but all emotions are valid and contribute to our emotional health when in balance.

2. Integration of Emotions

- Many emotions work together and are felt simultaneously. Understanding this complexity helps us appreciate the richness of our emotional lives.
- Our memories and experiences shape our values and identity, weaving a tapestry that makes each person unique.

3. Identity in Christ

- Ephesians 3 reminds us that our inner being is strengthened by God's Spirit. Our faith journey invites us to have our identity with Christ, allowing Christ's love and acceptance to permeate every aspect of our lives.

Discussion Questions for Youth

Use these questions to engage youth in meaningful conversations about their emotions and identity. This discussion can be for 1:1 conversations with a parent or caregiver and their youth or in a youth group setting.

1. What about the start of puberty and new emotions resonated with you from the movie?

2. Anything in the movie that you thought, “no way, it would never, ever happen that way”?
3. What emotions do you think are missing or, another way of saying it, could be added, to Riley’s mind?
4. What emotions are you pushing to the back of your mind lately because they are uncomfortable?
5. What emotions have the most room in your head space these days? Do they have a healthy amount of space or too much?

As we journey together, let's remember that we are fearfully and wonderfully made (Psalm 139:14), intricately woven with emotions that reflect God’s design. By exploring the complexity of our inner lives, we can deepen our understanding of ourselves and our relationship with God.

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