



The cast of Disney/Pixar's Inside Out: Fear, Sadness, Joy, Disgust and Anger

Theme:

Building on last year's theme (choosing the '**Wise Way**' Choice, not the '**My Way**' Choice) and taking a cue from Disney/Pixar's newly released movie "Inside Out," we will take an inward look at our emotions - those voices in our head that compete with God's voice - and learn how to let God's voice be bigger than all the others.

Objective:

Learn and practice Healthy Habits (spiritual disciplines) so we can recognize God's voice and know God's way.

Underlying Objective:

To apply a Christian worldview to the premise of Disney/Pixar's movie "Inside Out," offering kids (and their parents) Biblical truths that coincide with the movie's teaching about the roles of feelings and emotions, i.e., how we recognize and embrace them, how we can develop spiritually healthy habits to deal with them, and the importance of allowing our faith community (family) to help us find God's voice in the midst of our emotions.

Strategy:

Each day, one of our emotions (represented by Miss Patti in appropriate costuming) will make an appearance. Mr. Doug (a male version of the character Joy) will teach us about someone from the Bible who also struggled with that emotion, and how they listened to God's voice and ultimately found joy in the midst of their circumstances.

Game Plan:

MONDAY

Emotion: Fear

Bible Story - Who Me? Gideon Faces His Fears

Healthy Habit - Study God's word; remember God's provisions; know God's promises



TUESDAY

Emotion: Disgust (likes and dislikes, disapproval, eye-rolling disdain)

Bible Story - You Want Me to Do What?: Naaman Takes a Bath

Healthy Habit - Serve others in humility; become others-centered



Wednesday

Emotion: Anger

Bible Story - That's Not Fair! Shadrach, Meshach and Abednego Face the Fire

Healthy Habit - Practice gratitude; pray



Thursday a.m.

Emotion: Sadness

Bible Story - I'm Not Drunk! Hannah Cries for a Child

Healthy Habit - Quiet time with God; unplugging, creative outlets, journaling



Thursday p.m.:

Bringing it all together

Joy in the midst of any circumstance

Bible Story - Waiting for the Holy Spirit: The Upper Room



Making it Stick:

Using skits, stories, motions, slogans, games, worship songs, and a few other challenges during the week, kids will practice Healthy Habits that will help hear God's voice and find joy, celebrating the new life we have in Christ.

Bible Verse for the week:

The Lord gives me strength. He is like a shield that keeps me safe. My heart trusts in him, and he helps me. My heart jumps for joy. With my song I praise him. (Psalm 28:7)