



### CLIP 1

*Intro to Riley - Joy and other emotions*

SERIES BIG IDEA:

**Jesus used culturally relevant stories to share timeless kingdom truths to lead people to God.**

**We are designed to experience joy.**

*<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Philippians 4:4-7 (NIV)

CLIP 2 CUE: Welcome to Riley and her mind...

### CLIP 2

*Riley's mind/memories/personalities*

**What we think influences what we say and how we act.**

*<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

Philippians 4:8-9 (NIV)

CLIP 3 CUE: When life turns upside down after a move, her emotions start to misfire

### CLIP 3

*Circumstances cause Riley's emotions to start to become dysfunctional*

**Joy is unattainable if we allow circumstances to control us.**

CLIP 4 CUE: If we don't have a solid foundation our circumstances will end up becoming the influencer in our lives

### CLIP 4

*Joy is hard to hang on to when circumstances are hard.*

*<sup>9</sup> As the Father has loved me, so have I loved you. Now remain in my love. <sup>10</sup> If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in His love. <sup>11</sup> I have told you this so that my joy may be in you and that your joy may be complete.*

John 15:9-11 (NIV)

**Separation from God prevents us from experiencing true joy.**

**Sin separates us from God.**



CLIP 5 CUE: Without Joy, Riley succumbs to depression and despair

**CLIP 5**

*Disconnect from Joy disrupts our lives.*

**Joy is not the opposite of sadness.**

<sup>2</sup> Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, <sup>3</sup> because you know that the testing of your faith produces perseverance. <sup>4</sup> Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James 1:2-4 (NIV)

CLIP 6 CUE: We discover that we cannot will ourselves into being joyful.

**CLIP 6**

*Joy and Sadness run into Bing Bong but Joy gets lost trying to do things on her own power*

**In Christ we have a completed mature joy that transcends understanding.**

CLIP 7 CUE: Joy discovers that part of understanding joy is to embrace the other emotions instead of shutting them out.

**CLIP 7**

*Joy realizes that Sadness has a part to play*

**Complete joy is found when I fix my eyes on Christ.**