

MAIN POINT

Joy, Anger, Sadness, Disgust and Fear... we all live our lives through these emotions. Yet if we aren't careful we can let these things dictate how we react to the circumstances we go through in life. They are created by God and vital to us being human... but must be controlled, or they will end up controlling us.

DISCUSSION QUESTIONS

POINT 1: We don't allow our circumstances to define our joy. Pastor Josh said: "How do we live with Joy even when everything around us seems to be crumbling? How can we not simply focus on the negative but somehow change our perspective which will change the reality in which we live in which will give us hope in spite of our circumstances?"

Look at what happened when Joy wasn't at the controls. The other emotions didn't know what to do... and so when they came upon a conflict they tried to help manage the situation but ended up making things worse. What ways have you seen in your life that when Joy wasn't leading, things were handled... but not in the most constructive way?

When Anger took control of Riley he came up with the idea of her running away. While this is cute in the movie, in real life when we let anger take control of us we can come up with some pretty lousy ideas. Riley stole from her mom's purse to support the already bad idea... Ephesians 4:26-28 says "Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil." What are some ways that you've let anger run your life? Did things turn out well?

POINT 2: Don't allow your past to define your future joy. We saw how all the other islands started to crumble after Riley lost Joy, allowed anger to dictate and control her ideas and lead to her actions. It's the snowball effect... one bad decision ruins other "islands" like honesty, and character.

Talk about some times you recognized the cycle of bad decisions and stopped it in its tracks.

APPLICATION QUESTIONS

POINT 3: God ultimately provides us with true joy (1 Peter 5:7) We saw that sadness has it's place. When we feel grief, remorse, when we feel sad over poor decisions and outright sins... it leads to repentance. 2 Corinthians 7:10 says "For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death." God uses our emotions to lead us to repentance... and eventually puts Joy back at the console.

You have put more joy in my heart than they have when their grain and wine abound.
Psalm 4:7 (Ps 4:7)