

# Whole-Brain Living

## Session 4: Act Like Myself

### 1. Joy & Peace in Scripture

"May the God of hope fill you with all **joy** and **peace** *as you trust in him*, so that you may overflow with hope by the power of the Holy Spirit." - Romans 15:13

### 2. Review: Remain Relational

- We have 'Relational Circuits' (RC's) that can be 'On,' 'Dim,' or 'Off.'
- If my RC's are off, I will treat you like a problem to solve instead of a person to love.
- With my RC's on, I can:
  - Keep relationships bigger than problems
  - Be flexible and resilient
  - Be interested In what others think, feel, and say
  - Find creative solutions
  - Respond vs. react...and more!
- To get My RC's on:
  - Shalom my Body: Moro Reflex, Yawning, Tapping
  - CAKE: Curiosity, Appreciation, Kindness, Eye-Contact

### 3. Right Brain Habits: The Key to Maturity<sup>1</sup>

- **Remain Relational:** Keeps relationships bigger than problems by keeping your relational brain circuits on.
- **Act Like Yourself:** Live from your heart and not from your fear. Help others discover who they are and act like themselves.
- **Return to Joy:** Not feeling better, but getting your relational circuits back on after they have shut down.
- **Endure Hardship Well:** Mature people keep practicing the first three habits, even when things get hard.

### 4. Habit Two: Act Like Myself

- The Level 4 part of our brain (right orbital prefrontal cortex) is our Identity Center, and processes information faster than conscious thought.
- My 'Identity Center' is also my 'Joy Bucket'. It is shaped by my relational interactions with God and people. My True Identity is who I am when I am being my joyful, relational self.

### 5. Possums, Predators, & Protectors

- Your Identity Center can be formed positively or negatively depending on formative relational interactions with others. People 'mirror' back to us how they see us, and this becomes our image of our self.
- Because this part of the brain ('fast track', 6x/sec) runs faster than conscious thought, we tend to live out of our perceived identity (level 4) and justify our choices logically later (Level 5).

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<sup>1</sup> This is unpacked more fully in *Rare Leadership*, by Marcus Warner and Jim Wilder. Available at [DeeperWalkInternational.org](http://DeeperWalkInternational.org)

## 6. Possums

- Q: What is a possum's superpower? A: Play dead.
- This is a survival strategy (Level 2 - flight or freeze).

## 7. Predators

- Q: What are predators good at? A: Using their power to prey upon the weak.
- Everyone is born a predator. It is hard-wired in to notice weakness and resources for personal gain.
- Part of maturity is growing gentle-protector skills to override predatory thinking.

## 8. Protectors

- Q: What are protectors good at? A: Using their power to protect the weak.
- Protectors are tender toward weakness in others, and honest about weaknesses in themselves.
  - Predators pounce on weakness (shame people for it, exploit it, etc.).
  - Predators wear masks to hide their weaknesses and make themselves appear stronger.
  - Protectors see past people's weaknesses, sin, and shortcomings, and see who they truly are in Christ. They encourage and protect vulnerability.
- Protectors need to see predators' true identity and be gentle toward their weaknesses also.

## 9. Gentle Protectors in Scripture

- John 8 - The woman caught in adultery.
- John 10 - The Good Shepherd who lays down his life for the sheep.
- John 12 - Jesus defends Mary from Judas' accusations.
- The Life of David:
  - Protector: 1 Samuel 17 - Protecting Israel from Goliath
  - Possum: 1 Samuel 27 - David hiding amongst the Philistines
  - Predator: 2 Samuel 11 - Bathsheba & Uriah

## 10. Your True Identity Is formed by your Group Identity

- From your brain's perspective, your identity is determined by who your people are.
- Western Christianity emphasizes our individual identity.
- The Bible emphasizes our group identity - who we are as God's people.
  - *1 Peter 2:9-10 - "But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. <sup>10</sup> Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy."*
  - *Colossians 3:10-12 - "...[you] have put on the **new self**, which is being renewed in knowledge in the image of its Creator. <sup>11</sup> Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but **Christ is all, and is in all.** <sup>12</sup> Therefore, as **God's chosen people**, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*

## 11. The Church Took a Wrong Turn

- The Enlightenment view was that "Reason + Choice = Transformation".
  - Romans 7 is a frustrating way to live the Christian Life
- The Bible demonstrates that "Belonging + Identity = Transformation".
  - E.g., Marines, Mormons, Firemen, AA, etc.

## 12. Practical Steps to Grow Your Identity Center (Level 4)

- **Imitation** - We need Models / Examples.
  - "Follow my **example**, as I follow the example of Christ" - 1 Cor. 11:1 (cf. Phil 4:9)
  - "For this reason I have sent to you Timothy, my son whom I love, who is faithful in the Lord. He will remind you of **my way of life in Christ Jesus**" – 1 Cor. 4:17
- **Identity Groups**
  - Identity Groups are created through belonging.
  - Belonging is created through:
    - Initiation
    - Protection
    - Remaining Relational through problems
- **Immanuel Journaling** - seeing in us what God sees.
  - See 'Immanuel Journaling Process' handout.

## Homework

- Be intentional about sharing joy (conveying non-verbally and with words, "I am glad to be with you!") with one person or more each day this week.
- Take 1-3 minute pause daily this week (e.g., "One Minute Pause" app)
- Use the Immanuel Journaling method this week (schedule 15 minutes one morning this week!).