

# Raising *Joy-Filled* Kids

## PARENTING TRAINING

July 17, 2021 | 12 - 5 PM Eastern



Marcus Warner  
Chris Coursey



Deeper Walk  
INTERNATIONAL

THRIVE<sup>↑</sup>today



# SCHEDULE

**Saturday July 17**  
(12 pm - 5pm Eastern)

12:00 - 12:45	<b>The Foundations of Brain Science &amp; Attachment Theory</b>
12:45 - 1:00	<i>Break</i>
1:00 - 1:45	<b>The A-B-C-Ds of Parenting</b>
1:45 - 2:15	<b>The 4 Habits in the Infant Years</b>
2:15 - 2:45	<i>Break</i>
2:45 - 3:30	<b>The 4 Habits in the Child Years</b>
3:30 - 3:45	<i>Break</i>
3:45 - 4:15	<b>The 4 Habits in the Adult Years</b>
4:15 - 5:00	<b>Putting on Your Oxygen Mask</b>





# SPEAKERS

## MARCUS WARNER



Marcus Warner has served as president of Deeper Walk International since 2006. Marcus earned three degrees from Trinity Evangelical Divinity School – M.Div., Th.M. Old Testament, and D.Min. He has written numerous books and spoken for both ministry and corporate groups across the country and around the world. A Bible teacher at heart, Marcus has taught Old Testament and Theology at the junior high, high school, college, and seminary levels. His passion is taking complex topics and making them practical and accessible for everyone.

## CHRIS COURSEY



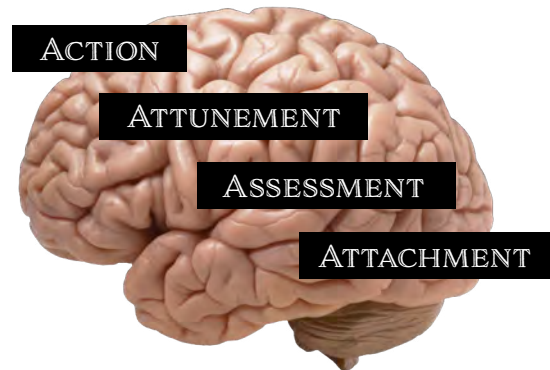
Chris Coursey is an ordained minister, pastoral counselor, published author, and international speaker. He and his wife, Jen, lead and design the THRIVE Training Program that uses brain-based exercises to train leaders, families, and communities in the 19 relational skills and the Immanuel Lifestyle. They are passionate about helping people acquire the skills to make relationships work. Chris and Jen have two boys, Matthew and Andrew.

# 1

## THE FOUNDATIONS OF BRAIN SCIENCE & ATTACHMENT THEORY

### BRAIN BASICS

- A well-trained joy elevator will remain functional even when we have big emotions.
- A poorly-trained joy elevator will shut down when we experience big emotions.
- When the joy switch is on, the elevator functions and we have access to the action center of the brain.
- When the joy switch is off, we lose access to the top levels of our brain function.



### ATTACHMENT BASICS

#### Joy Bonds

- Seeing (or thinking about seeing) someone makes you happy.
- Think about each of your kids in a way that makes you smile.



## Fear Bonds

- Seeing (or thinking about seeing someone makes you anxious.
- You fear you have to play a role or perform in order to be accepted.
- You fear that no matter what you do, you may not feel safe.



## ABCDs of Parenting



### ATTUNE

We attune by reading body language and meeting the child in their emotions.

#### Validate the emotion

- Name the emotion accurately.
- Accurately identify how big the emotion is.
- The goal is to get the child nodding in agreement.
- Identify the size of the emotion.
- This step must come first before anything else we do, if we want to keep the relationship bigger than the problem.



#### Reverse Attunement

- Reverse attunement occurs when we expect our kids to attune to us and validate our emotions instead of the other way around.

#### Key emotions that need attunement

Joy

Shame

Anger

Disgust



Sadness

Fear

Despair

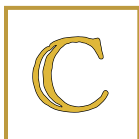
Attachment Pain



## **BUILD BOUNCE**

Many parents are tempted to bubble-wrap their kids so they never face hardship.

It is better to help them learn to bounce back from upsetting emotions.



## **CORRECT WITH CARE**

- Attune first.
- Build bounce.
- Cast Vision for Success.
- Explain why after obedience.





## DEVELOP DISCIPLINES RELATIONALLY

- Attune first.
- Build bounce.
- Cast Vision for Success.
- Explain why after obedience.





## RAISING JOY-FILLED INFANTS

### Fun Facts

- Babies are born craving joyful attachment. It is the one thing they will actively seek.
- The infant years span birth to weaning (age 4)—includes toddlers
- Infants cannot bounce back from any emotions without help.
- The infant brain has no pathways developed from upsetting emotions to the identity/joy center. Therefore, they must learn how to act like themselves and return to joy from upsetting emotions by seeing it modeled and receiving our help.



### Attuning with Infants

- Most attunement at the infant stage is about eye-contact.
- The Attunement Schedule. In infancy attunement must be done on the infant's schedule—not ours.

### Building Bounce with Infants

- Joy Workouts—Start with joy; end with peace.
- Toddlers (terrible twos)—prioritize building bounce over correcting behavior. Make sure they recover from their emotions before you correct their behavior.



### **Correcting Infants with care**

- Saying no to an infant or a toddler is like talking gibberish to them. We need to use positive instructions.

### **Developing disciplines with Infants**

- Infants don't need to develop discipline. This is a child level skill.



# 4

## THE 4 HABITS IN THE CHILD YEARS

### RAISING JOY-FILLED CHILDREN

#### Fun Facts

- Childhood begins with weaning (age 4) and goes through puberty (age 13).
- Take care of one. During this stage, the child is supposed to learn how to take care of themselves so that by the time they become adults, they are well practiced in the skills that allow them to feel independent and confident in who they are.
- Discernment. Children need to learn to distinguish what is good for them (satisfying) from what is bad for them (merely pleasurable).
- Discipline. Children need to learn to say no to what is bad for them and build habits around what is good for them.

#### Attuning with Children

- Parents attune to their children by giving their full attention to them when they are in need.
- A joy foundation for life is built on consistent attunement. It makes children feel seen and understood which creates stability.



#### Building Bounce with Children

- We help our children build bounce by practicing VCR regularly.
- We teach our children how to use their words as we validate.
- We teach kids to use VCR to comfort themselves.



### **Correcting Children with Care**

- Make sure your relational circuits are on before you correct your child.
- Bounce back from your own emotions.
- Correct with the child's good in mind.
- Cast a vision for success in life.



### **Developing disciplines with Infants**

- Start simple
- Show how
- Celebrate wins
- Turn them loose



## Raising Joy-Filled Adults

### Fun Facts

- Brain wash (apoptosis).
- Group identity.
- Justice
- Rite of passage.



### Attuning with Adults

- Recognize and celebrate heart values.
- Justice
- Mercy
- Compassion
- Leadership
- Service
- Friendship
- Organization



### Building Bounce with Adults

- We help our adults build bounce .



### **Correcting Adults**

- Don't minimize problems.
- Don't rescue them from failure.
- Do practice mutual problem solving.
- Do follow through on consequences.
- Do build a relational bridge.



### **Developing disciplines with Adults**

- Do group projects.
- Be a cheerleader.
- Help problem solve.



# 6

## PUTTING ON YOUR OXYGEN MASK

### THE OXYGEN MASK



**Play**



**Listen for Emotion**



**Appreciate Daily**



**Nurture a Rhythm**





## OUR MINISTRIES



Deeper Walk International is a 501(C)(3) nonprofit bringing together biblically-balanced teaching on emotional healing and spiritual warfare that helps people who feel stuck break through to new levels of freedom in their walk with God.

We teach about God's grace, life in the Spirit, spiritual warfare, and authentic community. What sets our training apart is how we bring it all together, then make it simple and transferable, so that people understand what it takes to walk in freedom and grow in maturity.

We call this approach to ministry "heart-focused discipleship."

Find us at **[DeeperWalkInternational.org](http://DeeperWalkInternational.org)**.



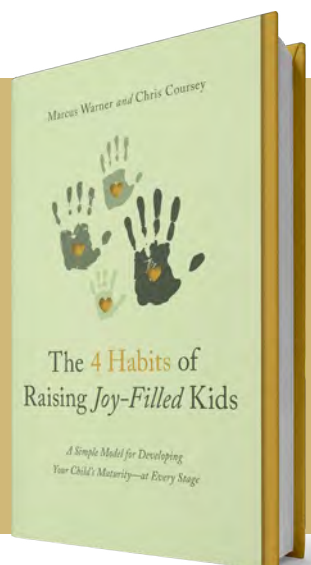
We as an organization believe that relationships are what life is all about! We are relational people who strive to build relationships based on love and joy. We work to stay relational with others and work to repair the moments when our lives do not reflect our values.

Find us at **[thrivetoday.org](http://thrivetoday.org)**.





## FEATURED BOOKS



### **THE 4 HABITS OF RAISING JOY-FILLED KIDS by Marcus Warner & Chris Coursey**

Is “Joy-Building” the secret to raising mature, healthy kids?

Joy-filled kids aren’t always happy kids, but they do know how to work for and wait for what is truly satisfying in life. In *The 4 Habits of Raising Joy-Filled Kids* you will discover a tool box full of skills that you can use with your children to help them grow in maturity and live with greater joy.

These tools help your kids, from infants to teens, build skills like:

- Regulating upset emotions so they can return to joy
- Forming a stable identity that doesn’t change with each new emotion
- Developing discernment to distinguish between what is satisfying and what is only temporarily pleasurable
- Discovering heart values and not just living to please others
- Building “joy bonds” rather than “fear bonds”

The skills you’ll learn in *The 4 Habits of Raising Joy-Filled Kids* will not only help you parent your children well, but they will also help you grow joy in your family.

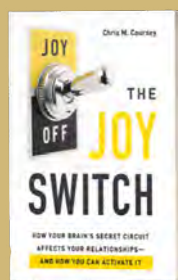
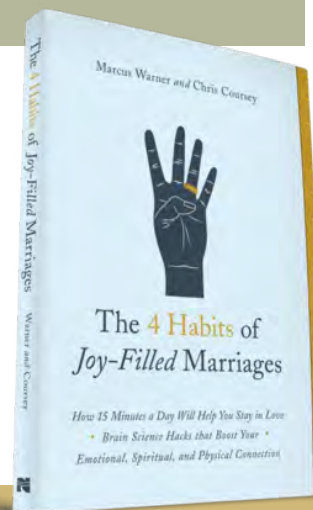
### *The 4 Habits of Joy-Filled Marriages* by Marcus Warner & Chris Coursey

What separates happy marriages from miserable ones? Surprisingly, it’s not healthy communication. It’s not conflict resolution skills. It’s actually the size of the marriage’s joy gap.

**Joy Gap /joi gap/ (n.) - 1. The length of time between moments of shared joy**

When the joy gap gets bigger, problems are more likely to overwhelm you, resentment creeps in, and you start to feel distant and alone in your marriage. When the joy gap is smaller, you regularly feel connected and happy, problems feel manageable, and your marriage becomes a reliable source of joy.

Find out what your marriage looks like after a little work and a whole lot of joy.



### *The Joy Switch* by Chris Coursey

Life is hard when you’re not yourself. Why do we sometimes feel more connected in our relationships than at other times? Discover the simple switch in your brain that activates—or deactivates—what you most need for relational connectivity: joy. *The Joy Switch* will help you love others and remain fully connected with yourself while being the best version of who you were made to be.



### *Relational Skills in the Bible* by Amy Brown and Chris Coursey

This study takes you through the pages of Scripture to see relationships as never before. Your group will journey through the Bible together and look at relational skills from well-known figures like Adam and Eve, Abraham, Jacob and Esau, Peter, the early church, and more, giving you a fresh perspective from Genesis to Revelation.

# Thrivetoday

## ONLINE COURSES



Our online course platform is designed to give you the best of the science behind relational skills and the practice that helps you grow the skills. We offer a variety of course sizes and topics to meet you where you are at in your skill journey.

### WE CAN'T CHANGE OUR BRAINS WITHOUT PRACTICE.

The original skill training, based on interpersonal neurobiology theory, neurotheology, and cognitive behavioral therapy. Gain the foundational theory of the skills and be brought through exercises to help you reflect on how the skills are presented in your life. *These courses are required as part of the THRIVE skill training program.*

[THRIVETODAY.ORG/ONLINECOURSES](https://thrivetoday.org/onlinecourses)

# Rare Leadership ONLINE CONFERENCE

The New Paradigm for High Performing Teams

- Develop the habits and game plan to lead effectively
- Create a culture people love (vs. dread) to be a part of
- Adapt to changes in the modern workforce (work-from-anywhere, work-life balance, wellness)
- Increase your EQ (emotional intelligence)
- Accelerate your leadership capacity and growth
- Improve your workplace environment, whether or not you're in charge
- Boost team productivity and employee engagement



REVIVE YOUR  
LEADERSHIP.

GROW HEALTHY  
TEAMS.

SEE GREAT  
RESULTS.

**REGISTER @ RARELEADERSHIP.NET**

**AUGUST 12-13, 2021**



## EVENTS

**August 12-13**

**RARE LEADERSHIP CONFERENCE**

with Marcus Warner, Jim Wilder, Dawn Whitestone, Krish Dhanam, and more!

**October 20-21**

**WHOLEHEARTED! CONFERENCE**

with John Eldredge, Susie Larson, Marcus Warner, Nik Harrang, & Sunsgchim Loppnow

**November 6**

**FIRST EVER DEEPER WALK WOMEN'S CONFERENCE!**

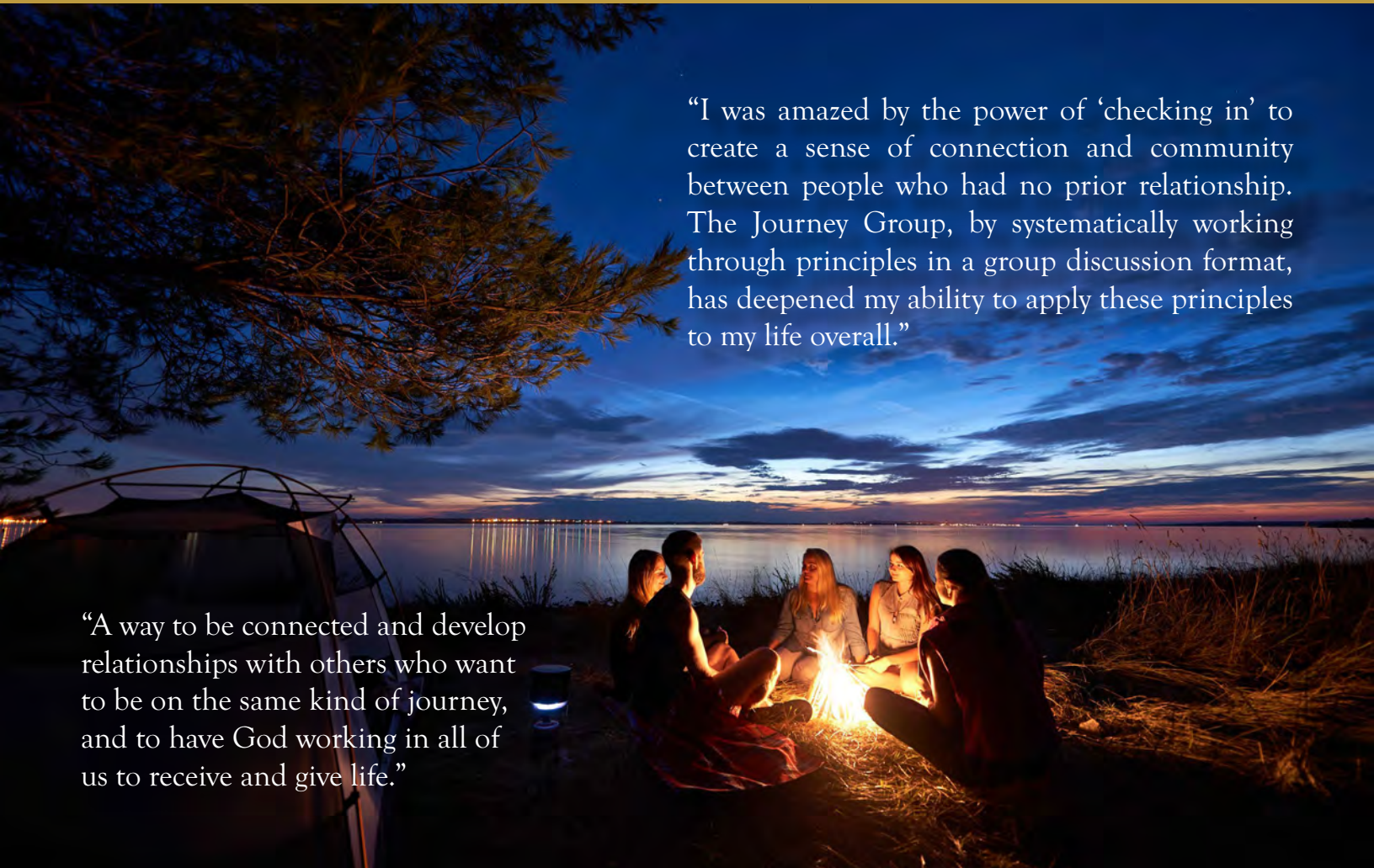
with Stasi Eldredge, Judy Dunagan, Pam Mutz, Juni Felix, and more!





# Journey Groups

Experience Relational Discipleship Online

A photograph of a group of people sitting around a campfire at night. The fire is bright and warm, illuminating the scene. In the background, there is a body of water reflecting the lights of a distant city. The sky is dark with some clouds. A tree is visible on the left side of the image.

“I was amazed by the power of ‘checking in’ to create a sense of connection and community between people who had no prior relationship. The Journey Group, by systematically working through principles in a group discussion format, has deepened my ability to apply these principles to my life overall.”

“A way to be connected and develop relationships with others who want to be on the same kind of journey, and to have God working in all of us to receive and give life.”

## We were made for relationships.

Deeper Walk has taken the initiative to provide small group gatherings online where relationships are formed and fostered, God is central, and fabulous content is discussed. We call these communities Journey Groups.

As a Journey Group member, you'll receive a brief lesson each week via email, then meet online for an hour to strengthen relational skills while interacting with the group discussing the lesson.

The content is important, however, these groups are relationally-focused and interactive!

Learn more at [deeperwalkinternational.org/journey](https://deeperwalkinternational.org/journey)



## Do you have a story to tell?

[deeperwalkinternational.org/share-a-testimonial/](https://deeperwalkinternational.org/share-a-testimonial/)

Have you experienced greater freedom in Christ, found healing for your heart, or grown in maturity through the ministry of Deeper Walk?

If so, we'd love to hear about it!



Help others walk in freedom, grow in maturity,  
and win life's battles through Deeper Walk.

Your donation keeps people walking deeply with God!

## Become a Trailblazer!

Through your monthly giving, you are partnering with Deeper Walk so that together, we can blaze a new trail for multitudes to follow into a deeper walk with God through heart-focused discipleship!

**DONATE online at**  
[deeperwalkinternational.org/trailblazers](https://deeperwalkinternational.org/trailblazers)