



1

Practice Appreciation

- Take 3 slow, **deep breaths**
 - (Feel free to close your eyes)
- Think of **something you enjoyed** from your day
 - Big or Small
 - E.g., Something that made you feel joyful, peaceful, or connected.
- **Re-enter that moment** as fully as possible
 - What did you feel, sense, smell, hear, etc.

2

Appreciation

Trains your brain to look for what is good.
 Has lots of positive benefits!
 Your brain can change at any age.

It's biblical!

3

Philippians 4:8-9

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... And the God of peace will be with you.

4



5

The Brain Science of Joy


- The 1990s - "The Decade of the Brain."
- Joy is the fuel your brain is designed to run on.
- Joy is relational happiness.

6



7

The Brain Science of Joy



- Joy is mostly **non-verbal**
 - Facial expressions
 - Voice tone
 - Body language
- Joy is experienced in the **right prefrontal cortex**
- The brain can also run on fear, but much **prefers joy**.

8

Joy in the Bible

9

Joy in the Bible

God's Presence gives joy

You make known to me the path of life; **in your presence there is fullness of joy**

Psalm 16:11

10

Joy in the Bible

Joy is why Jesus came

These things I have spoken to you, that **my joy may be in you**, and that your joy may be full.

John 15:11

11

Joy in the Bible

The Kingdom is!

The kingdom of God is...righteousness, peace and **joy** in the Holy Spirit.

Romans 14:17

12

Joy in the Bible

Joy enables us to suffer well

...for the joy set before Him [Jesus] endured the cross...

Hebrews 12:2

13

Joy in the Bible

The Fruit of the Spirit

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Galatians 5:22-23

14

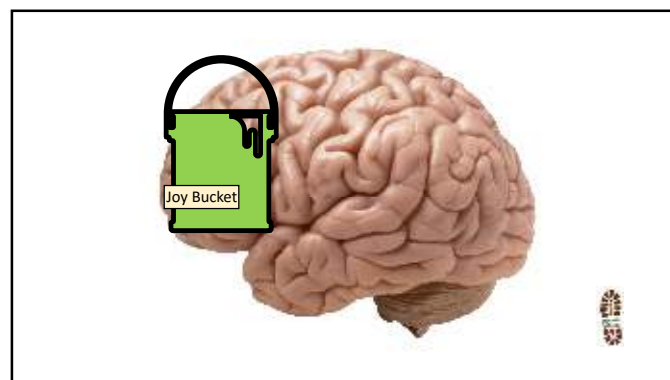
Joy in the Bible

Joy is Strength

The joy of the Lord is your strength

Nehemiah 8:10

15



16

Your Brain on Joy

GROWTH
1. Relational Joy
2. Repair
3. Rest

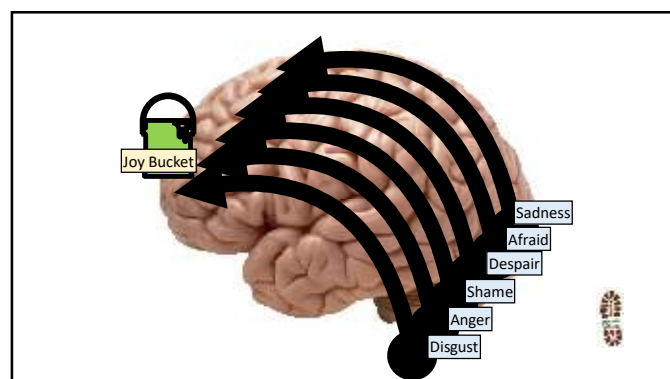
RESILIENCE

IDENTITY

TRANSFORMATION

 A circular diagram consisting of four interlocking arrow-shaped segments in yellow, green, red, and blue, arranged in a circle.

17



18

Joy & Rest

“The Kingdom... is righteousness, peace, and joy...”
Romans 14:17

“May the God of hope fill you with all joy and peace as you trust in Him...”
Romans 15:13



19

Exercise: Simple Quiet

- Close your eyes, relax your body
- Take several deep breaths (4-5x)
- “Be still and know that I am God” (Psalm 46:10)
- Take several deep breaths
- What did you notice?

20

Non-Relational Joy Substitutes

Media
screens

Eating
for comfort

Drugs
and other stimulants

Sexual
misbehavior

21

REVIEW

- Joy = fuel
- Growing joy is the key
- Experienced via relational interactions
- Leads to rest cycle
- Joy substitutes are damaging

22

Where to from here?

What do you need in your daily and weekly rhythms to cultivate more joy and peace?

What are some simple ways you can share joy...even this week?

23



JOY RESET










24