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### Why Joy?



Why do speakers start with a **funny story**?

- Joy puts us in our **right mind**.
- Joy Center = **identity** Center.
- Joy is not the same as **fun**, but it does INCLUDE **fun**!




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### Why Joy?

Why do worship services start with **singing**?

- **Singing** activates our whole brain.
- Singing together **synchronizes** us with God and with each other.
- Our whole brain is **engaged** and we are ready to really **listen** and **absorb** the sermon.




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### How Now?

**The Joy Reset Plan: Retrain Your Brain for Joy!** **Plans** and **training** are about HOW.

HOW you can participate today:



- Q&A (Bottom of your screen. Ask anytime!)
- Poll or Chat (only when I tell you)
- Stay with me! Don't get distracted.
- Do the exercises.
- Have FUN!



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### What IS Joy?

- Joy is **relational**.
- Working Definition: To your brain, JOY is experienced as someone is **glad** to be with me. (Dr. Jim Wilder)
- Joy can grow throughout **life**.
- Grow joy in **yourself**.
- **Overflow** to help others grow in joy.





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### How #1: Stories

- My story...
- Stories are **powerful** emotional influencers.
- Retrain your brain with **Joy** Stories and Return to **Joy** Stories.

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*  
- Philippians 4:8 ESV



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### How #1: Stories

**How to Tell a Helpful Story**

- Make eye contact
- Be expressive
- BRIEFLY tell what happened
- How did you feel?
- Why did it matter?




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### How #1: Stories

- Invite **Jesus** into your stories.
- Invite trustworthy **others** into your stories.

Sometimes we ALL need someone with skin on!



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### How #2: Appreciation & Thanksgiving




**Connecting with God**

*Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!*  
- Psalm 100:4 ESV

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### Joy Reset



The 5 \* 3 \* 30 Plan:

- o 5 minutes
- o 3 times a day
- o 30 days

The Joy Reset Project:  
<http://tiny.cc/joyresetproject>

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### YOUR How:

1. What ONE **action step** will YOU take THIS WEEK to grow **your** joy?

- 5 minutes of appreciation
- Start a joy journal
- Check out the Joy Reset Project
- \_\_\_\_\_

2. What ONE **action step** will YOU take THIS WEEK to **SHARE** joy with someone else?

- Share a joy story
- Ask for a joy story
- Share a joy smile
- \_\_\_\_\_

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Joy Reset Conference 2022

**The Joy Reset Plan: Retrain Your Brain for Joy!**

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