

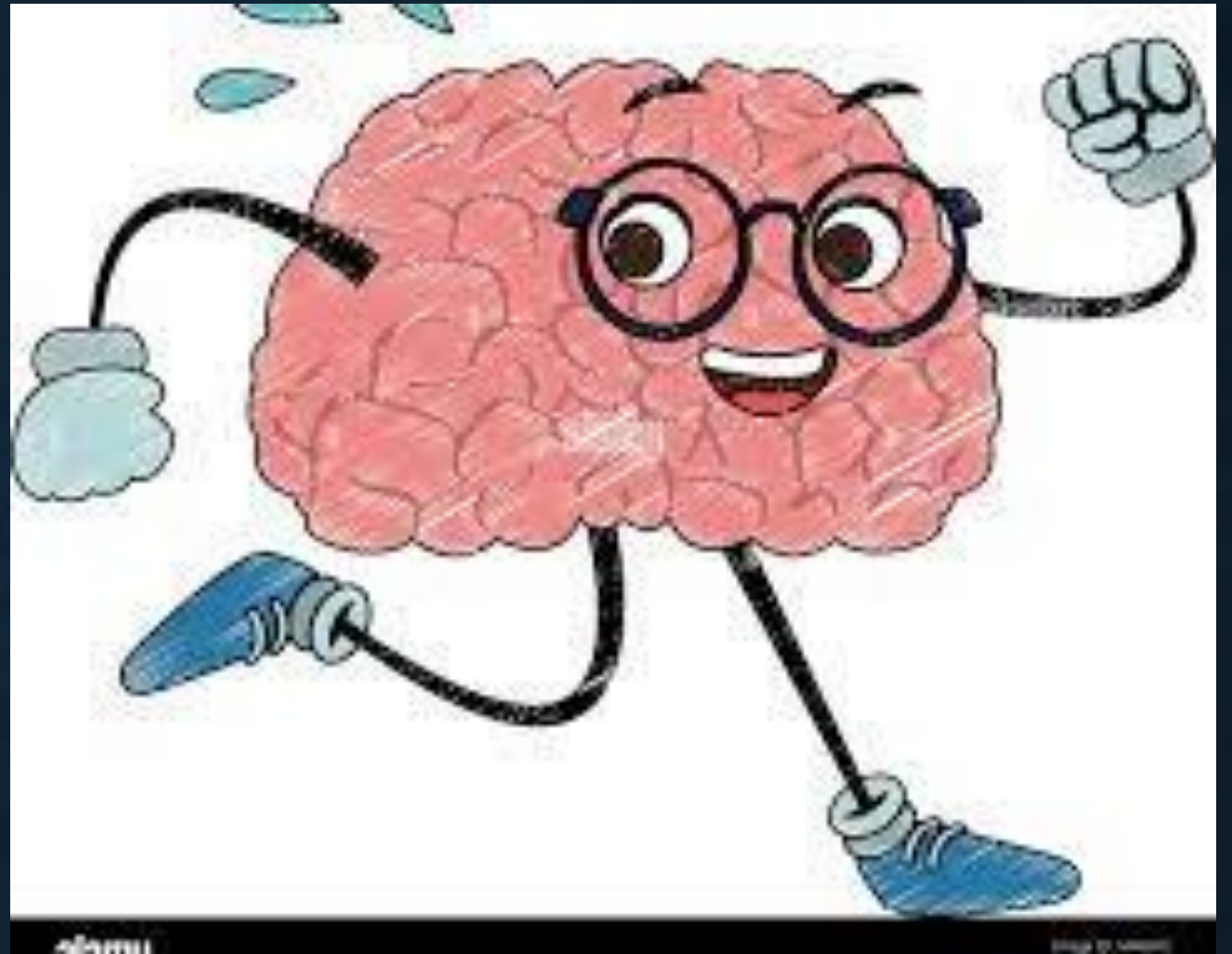


*the way in is the way on
the fullness of joy*

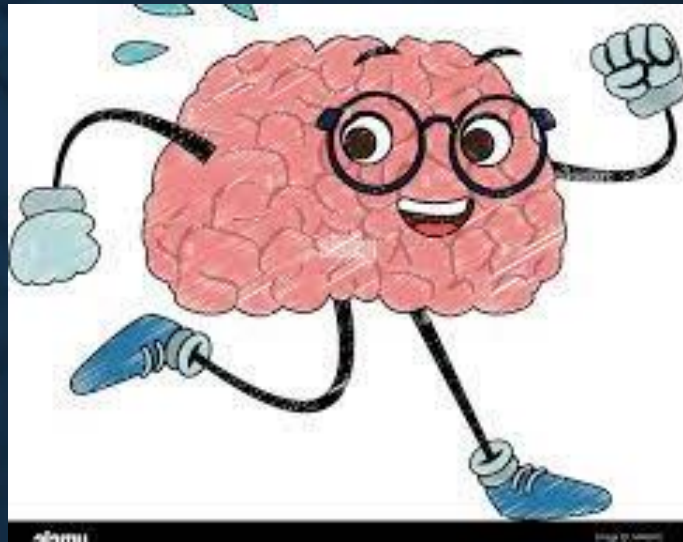
On What Does Our Brain Thrive?

Joy is defined as:

“someone who is glad to be with me” and “being the sparkle in someone's eye.”



On What Does Our Brain Thrive? Joy!

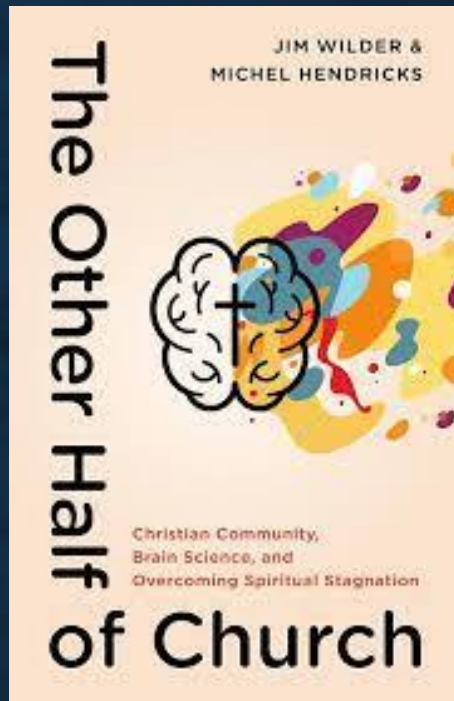


Be **joyful** at your festival. (Deut 16:14)

The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth **songs of joy**.
(Ps 65:8)

You make known to me the path of life;
in your presence there is **fullness of joy**;
(Ps 16:11)

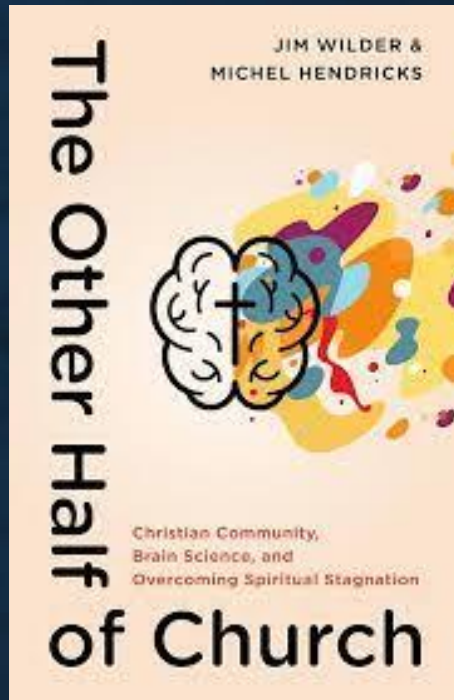
How to Think about Joy



“The Lord bless you and keep you;
The Lord make His face shine on
you and be gracious to you; The
Lord turn His face towards you and
give you peace.”

Numbers 6:24-26

How to Think about Joy



Psalm 89:15, “Blessed are those who have learned to acclaim you, who walk...in the light of your presence, Lord.”

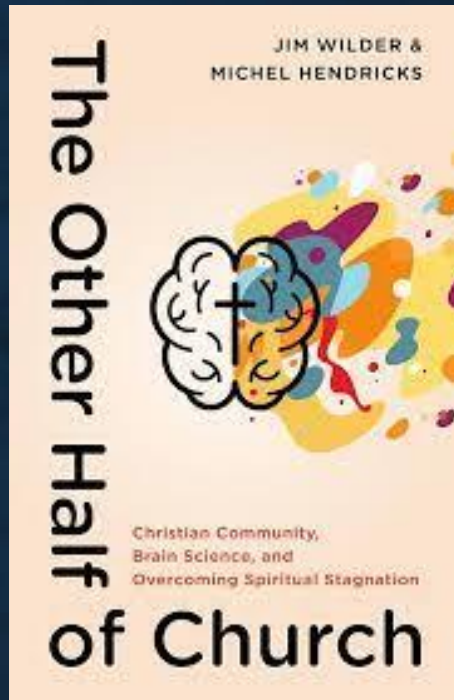
Psalm 16:11, “In your presence is fullness of joy.”

Psalm 16:11, “Abundance of joy with your face.”

Psalm 21:6, “You make him joyful with gladness in your presence.”

Psalm 21:6, “You make him happy with joy with your face.”

How to Think about Joy



First, joy is primarily transmitted through the face, especially the eyes, and secondarily through voice.

Secondly, joy is relational. It comes when we feel we are with someone who is happy to be with us.

And third, joy is important to God and to us.



The Fullness of Joy

Joy is primarily transmitted through the face, especially the eyes.

Joy is relational.

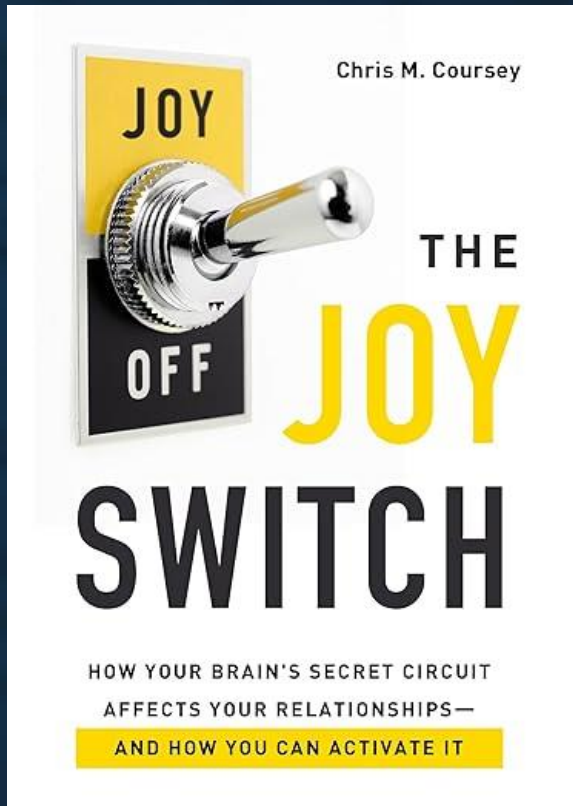
Joy is important to God and to us.



The Fullness of Joy



Practicing Joy: C-A-R-S



Connection

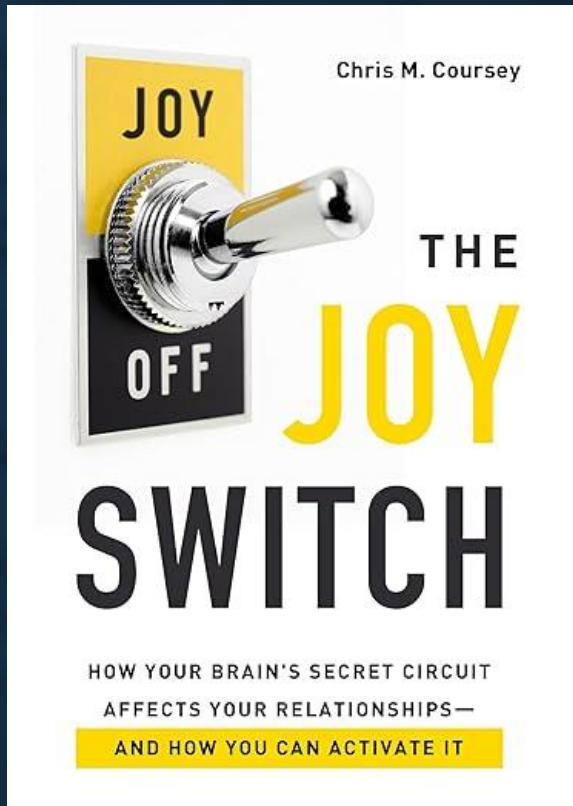
Appreciation (gratitude)

Rest

Shalom



Practicing Joy: C-A-R-S



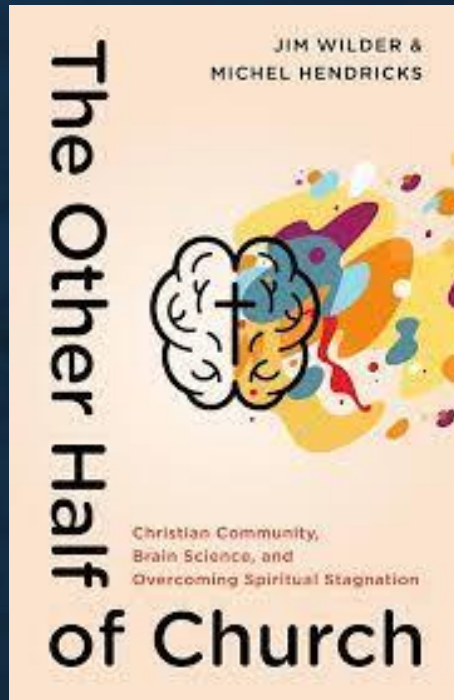
Connection

Appreciation (Gratitude)

Rest

Shalom

Practicing Joy: Gratitude



Appreciation (Gratitude)

The **brain trained on appreciation and gratitude** will search the environment for good things to enjoy, while the untrained brain will look for things to criticize and complain about. Appreciation is the practice that increases neuronal density in one of the most complex regions of the brain. This means **those who regularly practice gratitude require less effort to be grateful** because it is a habit. **Gratitude changes our brain and relationships!**

Bermuda Bodysurfing





Gratitude Practice

1. Think of, and name, a gratitude memory.
2. Breathe and go there in your mind.
3. While remembering, notice all 5 senses.
4. Ask God what He has for you.

the way in is the way on



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Invitation to Go “In”

Seek: Seek God’s smiling face through worship, spending time in His creation, or play.

Connect: Connect with someone who likes you, whose face lights up when they see you.

Appreciation: Practice unwrapping a gratitude gift. That is, spend 5 minutes a day with a gratitude memory... unplugged, undisturbed, quiet, slow breathing (4x4x4x4).

Rest: Lie down. Use the 4x4x4x4 breathing technique.

Shalom: Make yourself yawn 10 times in a row.