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Leader's Collectives



Full Heart - Whole Brain:
Becoming a Fearless Leader

Session 4

Building Joy

Ode to Joy

by Michael Sullivant

► Joy is a practical tangible thing
That's too quickly become a lost art
It's a clear witness to how we're designed
A true longing that's deep in our heart

Joy is non-verbal and faster than thought
Felt when a babe's eyes twinkle bright
They shamelessly revel in how good it is
To be known as the cause of delight

Joy is a wondrous attachment of love
Relational, unforced and free
Climbing and building as all fears subside
Tuning hearts to live in synchrony

Joy forms a network of brilliant insights
With a chemistry that's all its own
Other desires simply then follow suit
In the order of wisdom renown

Joy helps me know who I truly am
Then belonging to others with zest
Capacity grows, unveiling the means
To engage in the ways that are best

- ▶ Joy: a Fuel for our Brain
- ▶ Mental, Emotional, Relational Health: With No Exhaust(ion) and Improved Performance

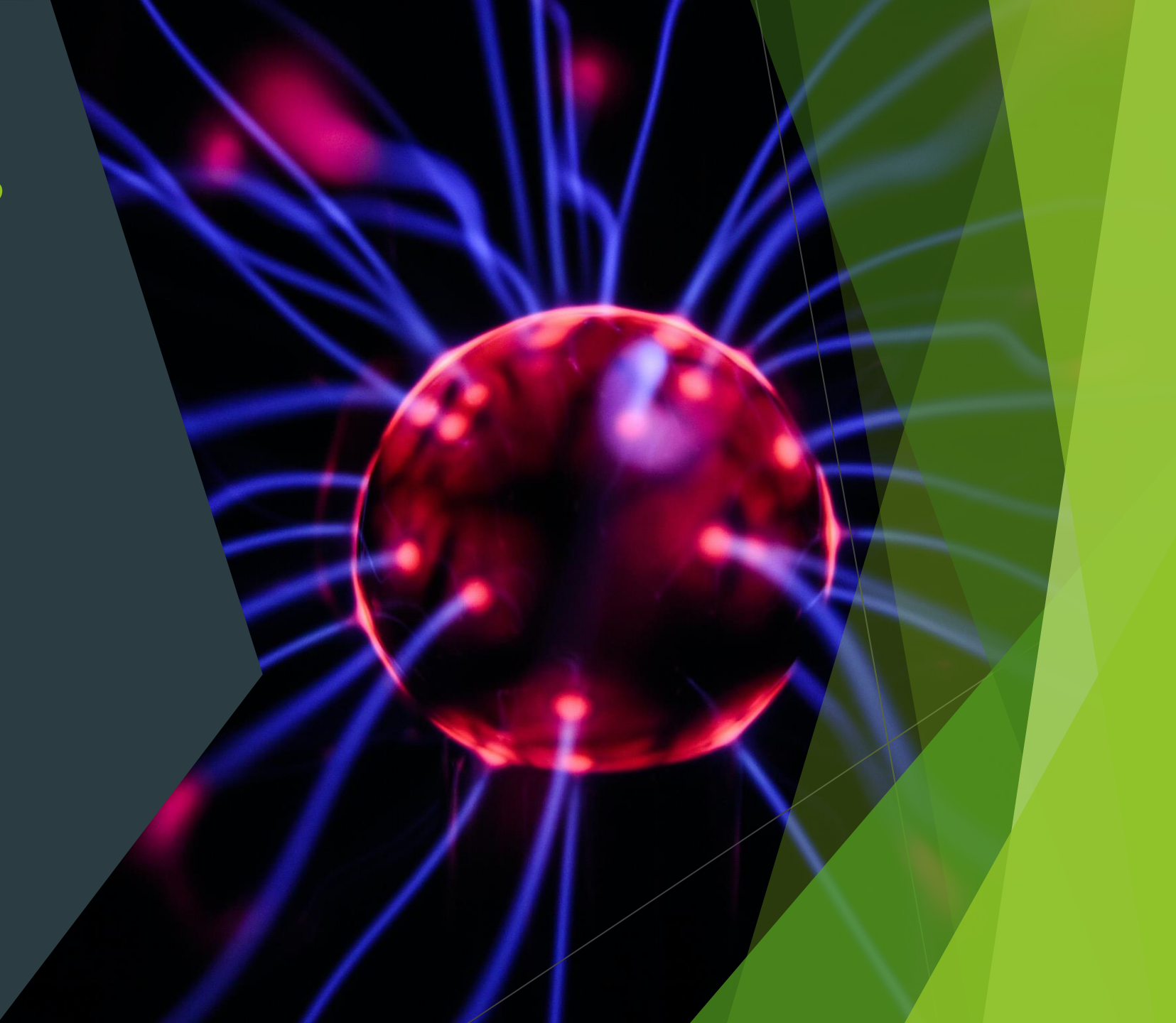


► Only when we are convinced that character transformation is the central task of the church will we be intentional about raising the level of joy.



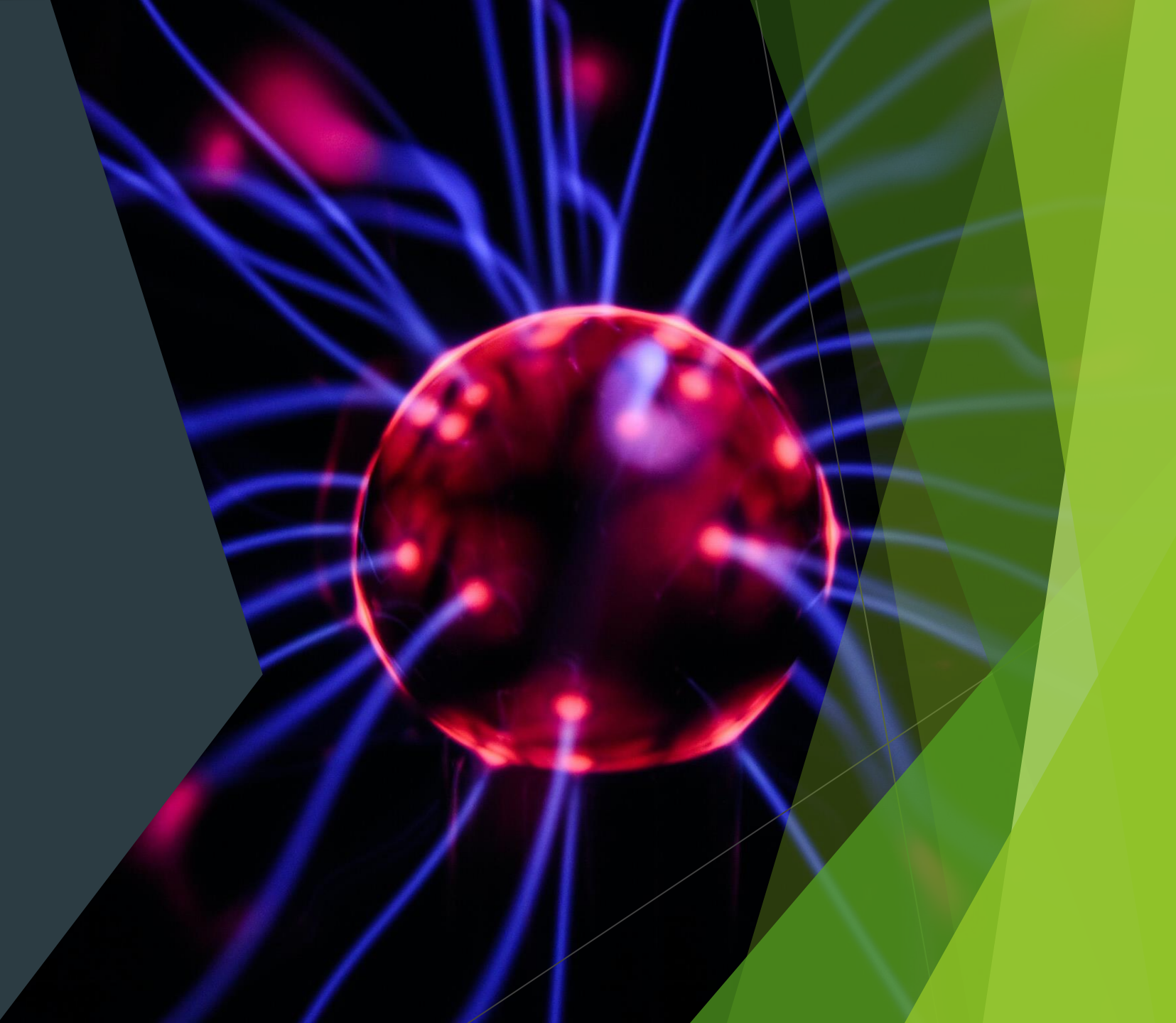
Relational Joy Circuit Off or On?

- ▶ Are you feeling ...
- ▶ Curious?
- ▶ Appreciative?
- ▶ Kind?
- ▶ Eye-Contact?
- ▶ C.A.K.E.



Switch Your Relational Joy Circuit On!

- ▶ Connect - to something stabilizing
- ▶ Appreciate - what made you smile?
- ▶ Rest - take a breather
- ▶ Shalom Your Body - exercises that calm us
- ▶ C.A.R.S.



▶ Seeing the Face of
God - Lost in
Translation:

▶ “You cause me to
know the path of
life; Fulness of joy is
with Your face [lit.],
Pleasant things by
Your right hand
forever!”

▶ Psalm 16:11



God is like a precious gem with infinite facets (faces)

▶ There are many who say, “Who will show us some good? Lift up the light of your face upon us, O LORD!” You have put more joy in my heart than they have when their grain and wine abound. In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

▶ Psalm 4:6-8





What is Joy? It's
easier to see
than to
describe!



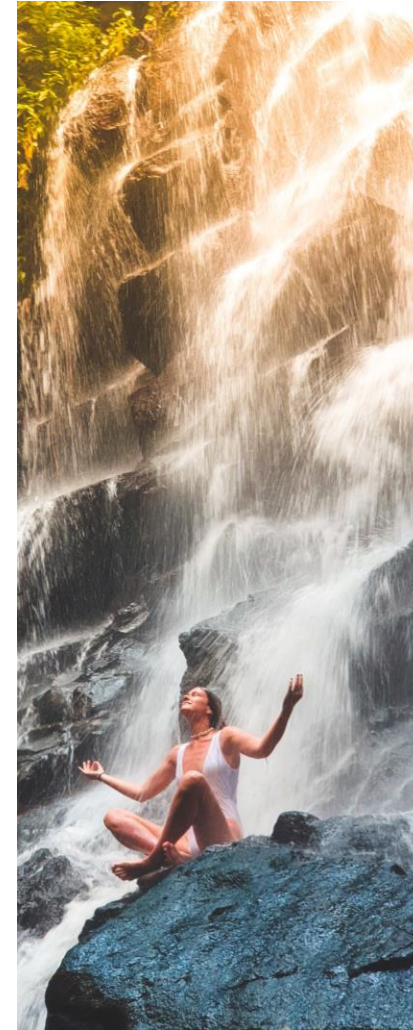
► Joy is not essentially a direct choice, but a spontaneous response to being authentically glad to be with another. It happens faster than conscious choice or thought. Our eyes involuntarily sparkle!



► It's normal for us to feel God's peaceful and joyful presence in our bodies!

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?

1 Corinthians 6:19



- ▶ Joy is deeper than an emotion
- ▶ Joy is our most powerful yearning
- ▶ Joy is not contrary to sacrifice or pain
- ▶ Joy is relational - Glad to be with you!
- ▶ We can endure hardship well when we know the joy of not being alone.



► Joy helps us regulate big emotions and endure sufferings while remaining relational and maintaining our true identity.

Suffering vs. Trauma

For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:2





In the church
community, we
should raise joy
before tackling
trauma resolution



PLASTIC

Pseudo-Joys

B.E.E.P.S.

Behaviors

Events

Experiences

People

Substances

▶ Checklist: Conditions that Fuel Pseudo Joys

- ▶✓ I often try to keep my mistakes a secret
- ▶✓ Our diet is too high in comfort foods
- ▶✓ I often keep doing things in secret that make me feel ashamed
- ▶✓ We spend/shop too much
- ▶✓ I can't let go of a past relationship
- ▶✓ I think that someone at home is trying to keep certain behaviors secret
- ▶✓ This past week, I craved things that are not good for me
- ▶✓ I think that someone at home has binges or abuses power
- ▶✓ Relationships feel very confusing to me
- ▶✓ I am close to many people who abuse prescriptions, drugs, or alcohol

Joy Leaks

- ▶ 6 Big Emotions -
Sadness, Anger,
Disgust, Shame, Fear,
Despair
- ▶ Traumas
- ▶ Screens
- ▶ Dealing with a
Narcissist



A photograph of a library with wooden bookshelves filled with books. The shelves are filled with books of various sizes and colors, including many with gold-tooled spines. A large, dark blue geometric shape is overlaid on the left side of the image, and a green geometric pattern is overlaid on the right side. The text is written in a light green color on the blue shape.

Hidden Steps for Full-Brained Joyful Discipleship

Quieting - The leading predictor of mental health or illness; breathing, tapping, yawning

Relational Circuits On - Curiosity, empathy, presencing

Lifestyle of Appreciation - Relationally attunes us to God and His peace

Interactive Gratitude - God loves to respond to our thanksgiving to Him

Warm Greetings and Kindness - Glad to be with you!

Eye-Contact - Shares joy on preconscious level

Interactive Memories - Good-memories animate into God-memories

Immanuel Healing - Traumas are unfinished stories that Jesus re-frames and resolves

Story-telling - Fills maturity holes and connects the Big 6 emotions to Joy; new library

Eating Together - We bond with those who feed us

Singing to one another - Activates the whole brain
