



FULL-BRAINED FAITH

The world isn't waiting for a **smarter church**.
It's waiting for a **more transformed one**.

**THE JOY THAT
CHANGES EVERYTHING**

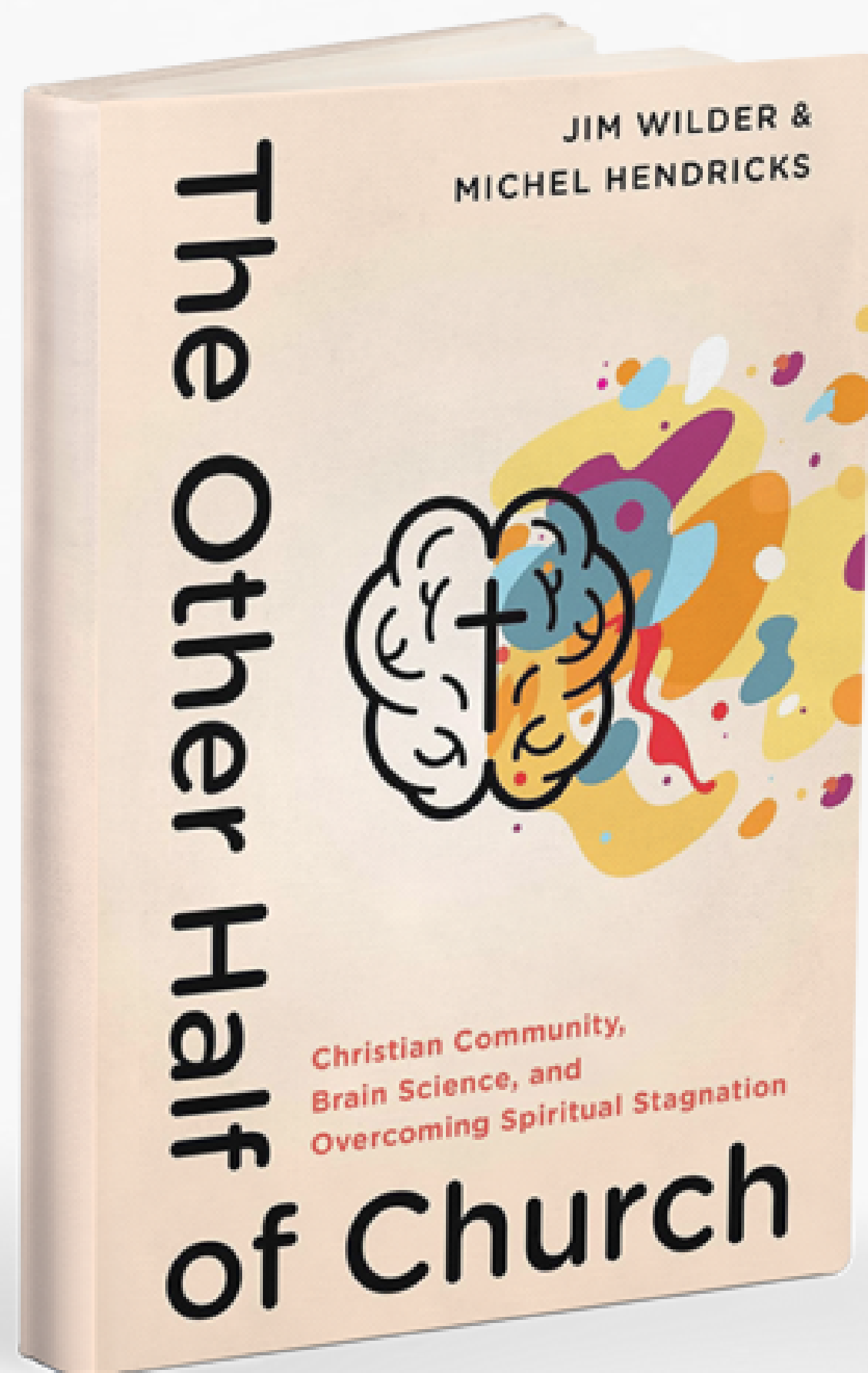


Transition › Transformation



Our mission is “transformed people”
impacting their world in Christ.





Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



“The goal of this book is to explain how we create spiritual soil that grows character and is resistant to the growth of narcissism.”

—*The Other Half of Church*, pg 69





How to Read the Bible



**Meets weekly
on Tuesdays from
7:00–9:00pm**

STARTS SEP 22

**Register online
via the app or at
seasonalgroups.com**

THE DISCIPLESHIP MISMATCH



**CHURCH
FOCUS**

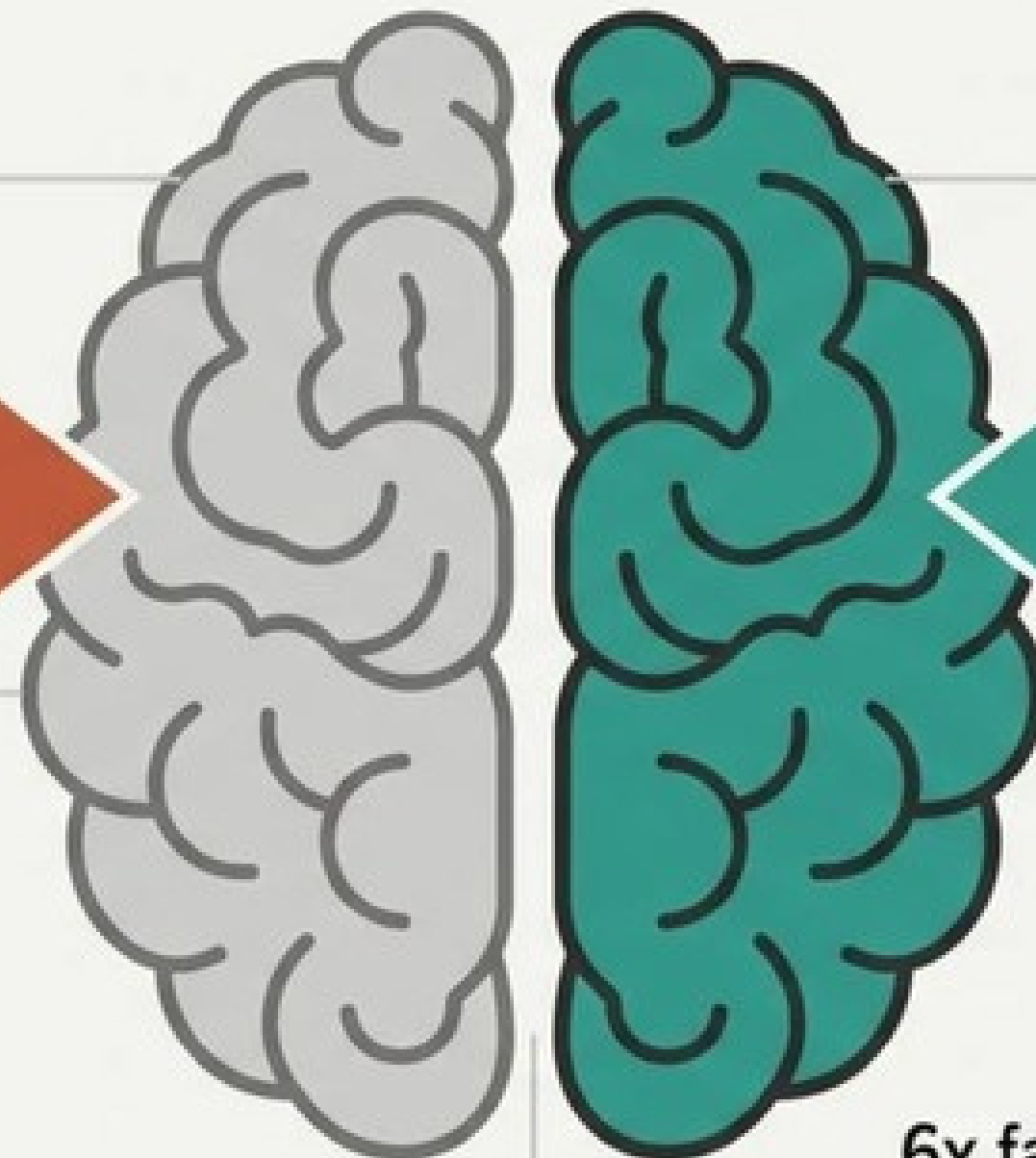


LEFT HEMISPHERE

The Slow Track

Handles: Logic, doctrine,
language, and strategies

Conscious & deliberate



1%



**CHARACTER
FORMATION**



RIGHT HEMISPHERE

The Fast Track

Handles: Identity,
attachment, and character

6x faster than conscious thought

THE NEUROSCIENCE OF FAITH: A Tale of Two Brains

The Right Brain (The Fast Track)

- All of our sensory inputs "taste, touch, sight, smell, and hearing" travels up the brain stem and begins processing on the right side of our brain. The right hemisphere samples our environment **six times a second**. It operates faster than conscious thought.



THE NEUROSCIENCE OF FAITH: A Tale of Two Brains

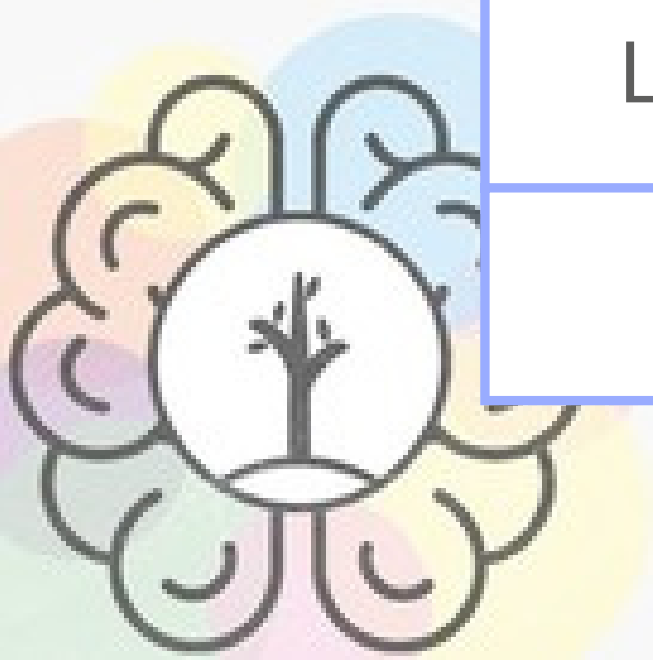
The Left Brain (The Slow Track)

- The left side samples our environment at **five times a second**. It is slower, deliberate, and conscious.



THE NEUROSCIENCE OF FAITH: A Tale of Two Brains

The Left Brain (Slow Track)	The Right Brain (Fast Track)
Conscious thought	Individual and Group identity
Speech and Language	Emotional attunement to others
Strategies and Problem-solving	Relational attachments
Logic and Cause-and-Effect	Assessment of surroundings (good, bad, scary)
Autobiographical Stories	Nonverbal cues and Joy



Character formation is governed by
the right brain, not the left brain.



Character is defined by how we
spontaneously react to our surroundings.



Your reaction happens in the right brain
faster than your left brain can formulate
a theological defense.



THE FOUR COMPONENTS OF THE RIGHT BRAIN (THE SOIL OF TRANSFORMATION):

1. Joy



THE FOUR COMPONENTS OF THE RIGHT BRAIN (THE SOIL OF TRANSFORMATION):

1. Joy
2. ***Hesed***—loving attachment



THE FOUR COMPONENTS OF THE RIGHT BRAIN (THE SOIL OF TRANSFORMATION):

1. Joy
2. *Hesed*—loving attachment
3. **Group identity**



THE FOUR COMPONENTS OF THE RIGHT BRAIN (THE SOIL OF TRANSFORMATION):

1. Joy
2. *Hesed*—loving attachment
3. Group identity
4. **Healthy correction**



The left brain runs at the speed of words;
the right brain runs at the speed of joy.



joy: the experience of “someone who is glad to be with me” and “being the sparkle in someone’s eye”.



Nehemiah 8:10

Do not grieve, for the joy of the Lord is your strength.



Zephaniah 3:17

The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.



John 15:11

I have told you this so that my joy may be in you and that your joy may be complete.



Luke 1:40

When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit.



Joy is the absolute foundation of
human resilience.



Hebrews 12:2

For the joy set before Him endured the cross.



BUILDING BLOCKS FOR INCORPORATING JOY INTO THE LIFE OF A CHURCH COMMUNITY:

- 1. Establish effective gratitude practices.**



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2. **Share special delight in one another.**



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3. **Practice lighting up.**



BUILDING BLOCKS FOR INCORPORATING JOY INTO THE LIFE OF A CHURCH COMMUNITY:

1. Establish effective gratitude practices.
2. Share special delight in one another.
3. Practice lighting up.
4. **Protect against isolation.**



HOW JOY ALTERS YOUR NEUROBIOLOGY:

1. Floods the nervous system with a “neurochemical cocktail”:

- **Dopamine**—brain’s motivation and reward system
- **Serotonin**—regulates overall mood; fosters a deep sense of calm, contentment, and significance
- **Oxytocin**—bonding hormone to facilitate secure attachment, deepens social trust, and a sense of safety
- **Endorphins**—act as immediate pain relievers and mood elevators that are often released in laughter & physical play



HOW JOY ALTERS YOUR NEUROBIOLOGY:

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4. **Expands cognitive capacity and learning.**



HOW JOY ALTERS YOUR NEUROBIOLOGY:

1. Floods the nervous system with a “neurochemical cocktail”.
2. Retrains the amygdala and lowers cortisol.
3. Rewires the brain structure through neuroplasticity.
4. Expands cognitive capacity and learning.
5. **Synchronizes social brains (“we mode”).**



Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.



God, help us to truly experience the warmth of your face shining upon us. Thank you for your joy being our strength. Teach us to look at one another with love and gladness, ensuring no one in our community suffers alone. May our faces shine with your transformational love.

Amen.



