



Week 2: The Joy that Changes Everything

CHECK-IN	Share about a place, group, or relationship where you feel like you can truly be yourself? What makes it feel that way?
BIG IDEA	Many Christians struggle with spiritual transformation because they rely heavily on willpower, intellect, and doctrine. However, neuroscience reveals that these left-brained strategies cannot change our core character. The Full-Brained Faith series explains that lasting transformation happens in the right brain, the relational centre of our minds. The right brain doesn't run on logic; it runs on joy. True joy doesn't mean having a life without suffering. It comes from a relational experience of someone who is glad to be with you. To grow spiritually and build emotional resilience, we must move beyond isolation and cultivate communities fueled by gratitude and God's joyful delight in us.
DISCUSS	1. The sermon defined joy not as a feeling we chase, but as the relational experience of "someone who is glad to be with me". Is there someone in your life whose face always lights up when they see you, and how does their reaction affect you? 2. We often try to change or overcome struggles by relying heavily on left-brained strategies such willpower, intellect, and rules. Can you share a time when you found yourself trying harder to overcome a personal or spiritual struggle, only to feel more discouraged or exhausted? 3. Read Zephaniah 3:17 and Nehemiah 8:10. How does it change your personal relationship with God to picture Him looking at you with a face full of delight, rather than a face of disappointment?



APPLY

How do we respond to God's teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?

1. When our joy tanks run low, the brain frantically searches for non-relational sources to numb the pain. What pseudo-joys (e.g. doomscrolling, isolation, over-eating, and work) do you find yourself turning to when you are stressed?
2. Gratitude is the neurological on-ramp to joy. Is there something you are deeply grateful for this week that you can share with the group right now?
3. The sermon stated that suffering mutates into trauma when we suffer alone. How can we, as a LifeGroup, actively protect against isolation and ensure no one here has to suffer by themselves?

PRAYER PRACTICE (15 minutes)

Please use **ONE** of these two options to lead your group through prayer. Choose the one that fits best with your group:

1. Palms Down, Palms Up Prayer Practice

Step 1: Sit in a comfortable position with as little background distraction as possible. Turn off cameras and audio on Zoom. Take a few deep breaths.

Step 2: (Allow 2 minutes) Put your palms down as a symbol of letting go. Talk to God as if he was sitting across from you. Tell Him what's on your mind as if your best friend were sitting beside you. Talk about your hurts, your distractions, your cares, what happened today or what made you happy or you are looking forward to. Share whatever comes to mind.

Step 3: (2 minutes) Now turn your palms up as a symbol of surrender and receiving. Sit in silence listening to God. It is natural for your mind to wander. When it does, gently bring it



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back to focus on God, listening to what He has to say in response to you.

Step 4: (5 -7 minutes) Debrief with the group. Let these questions guide you:

- What was your experience during this exercise?
- What did you hear God say to you?