



THE  
**JOY**  
SWITCH

# What brings you joy?

SMELL AFTER IT RAINS

PET

BOOKS

EXERCISE

WOODS/BEACH

MUSIC

BUTTERFLIES

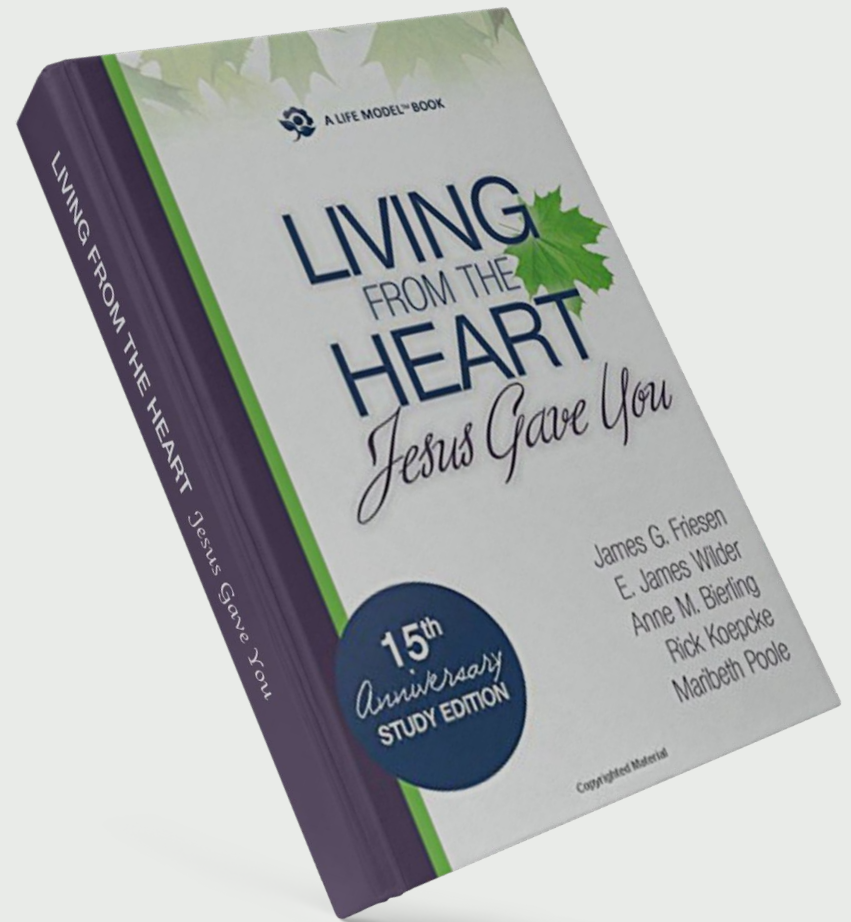
FRIEND

KIDS

SPENDING TIME WITH GOD



# LFTHJGY (1)



# HOW TO GET THE MOST OUT OF LFTHJGY

01 BUY AND READ THE BOOK

02 ATTEND ALL MIDWEEKS AND SMALL GROUP

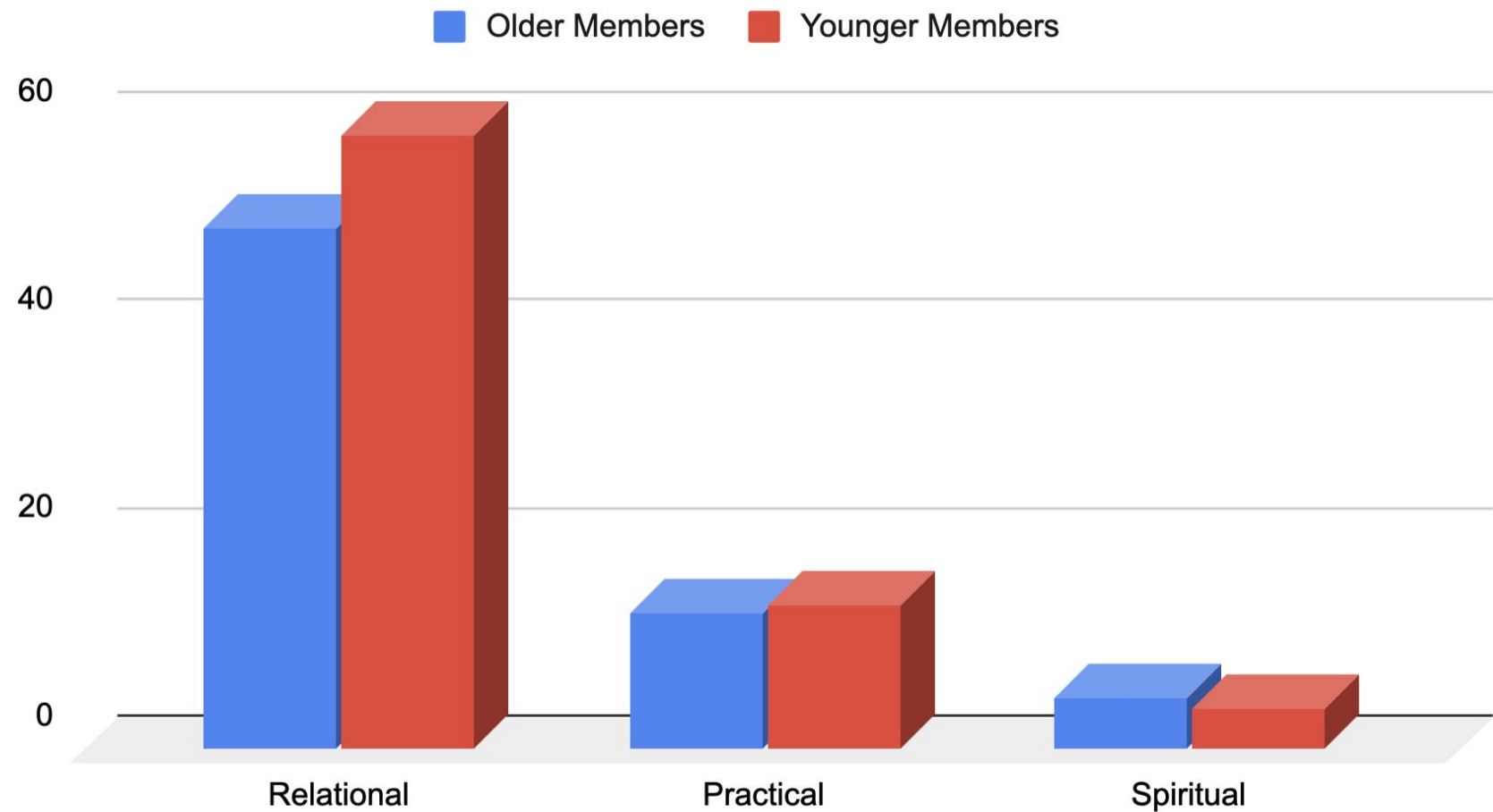
03 GO DEEP TO GO HIGH

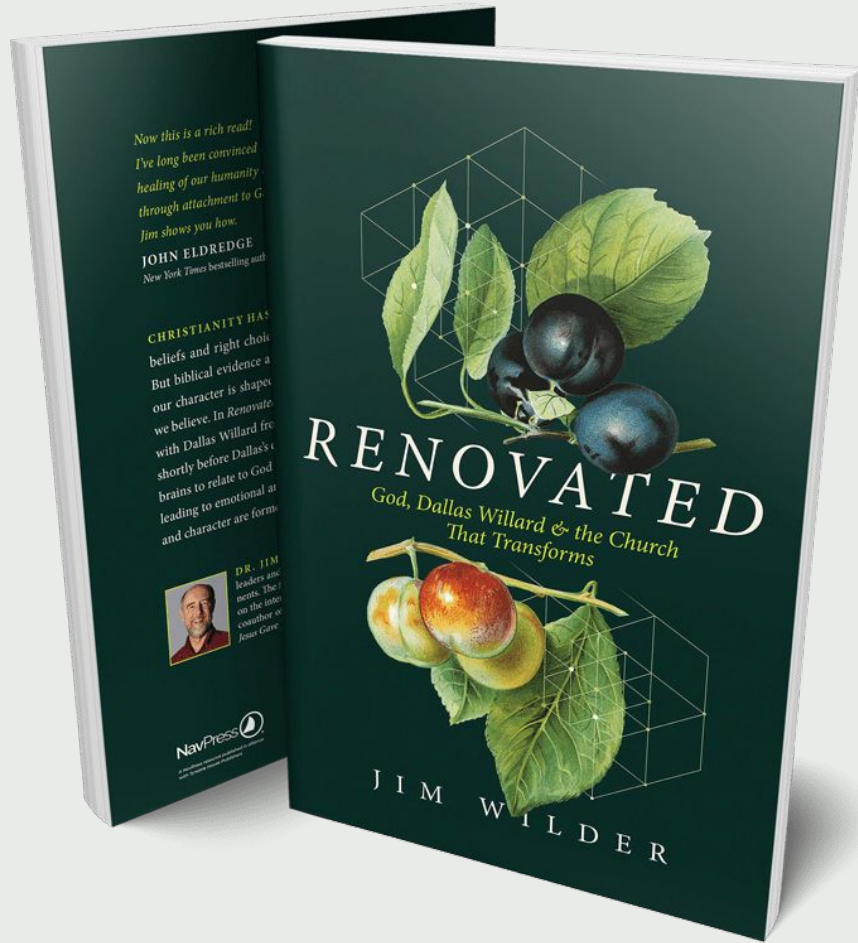
04 PRACTICE THE MATERIAL & SUPPLEMENTARY  
RESOURCES



Why are we doing LFTHJGY?

# Westside Agape Needs





**Emotional Maturity**

**Spiritual Formation**

What is Jesus' solution to this issue of spiritual formation being stunted by emotional immaturity?

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Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

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**WOUNDS OF HEART & MIND**  
(Stunted maturity)

**Type A Trauma – Absence –**  
Damage caused by the good things we don't experience

**Type B Trauma – Bad –**  
Wounds caused by bad things that happens to us

**Type C Trauma – Comparison –**  
Wounds caused by comparison or perception

**Type D Trauma –**  
**Disobedience –** Wounds I create by my own sin



**FALSE BELIEFS**

**Lies about God** - cruel, uncaring, absent, weak, distant, etc.

**Lies about Ourselves** - bad, unlovable, unchangeable, undeserving, unspiritual

**Unchristlike Worldviews** -  
Secularism; Individualism;  
Postmodernism;  
Materialism etc.

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## SPIRITUAL FORMATION

### FRUIT OF THE SPIRIT

(Gal 5:22-23)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.



## EMOTIONAL MATURITY

### TRUTHFUL BELIEFS

(Php 4:8)

Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on these things.



# LFTHJGY (1) WHOLENESS

PERFECT | COMPLETE | MATURE

*JAMES 1:4 Allow perseverance [in the midst of trials] to finish its work, so that you may be mature and complete (whole), not lacking anything.*

# FIVE THINGS WE NEED TO THRIVE ACROSS OUR LIFE SPAN

Five to Thrive Maturity © 2004 by Dr. E. James Wilder



A Place to Belong



To Receive and Give Life



To Recover When Things Go Wrong



To Mature as We Get Older



To Live from Our Identity/Heart

# Identify each of the 'Five to Thrive' Needs in Paul's prayer for the church in Philippi?

I thank my God every time I remember you. In every prayer for all of you, I always pray with joy, because of your partnership in the gospel from the first day until now, being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus. It is right for me to feel this way about all of you, since I have you in my heart. For in my chains and in my defense and confirmation of the gospel, you are all partners in grace with me. God is my witness how I long for all of you with the affection of Christ Jesus. And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to test and prove what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

PHILIPPIANS 1:3-11

# Identify each of the 'Five to Thrive' Needs in Paul's prayer for the church in Philippi - Philippians 1:3-11



A Place to Belong



To Receive and Give Life



To Recover When Things Go Wrong



To Mature as We Get Older



To Live from Our Identity/Heart



# FIVE TO THRIVE IN PHILIPPIANS 1:3-11

A Place to Belong

**Joy, thanksgiving &  
love for the church**

To Receive and Give Life

**Partners in the  
gospel and grace**

To Recover When Things Go Wrong

**Faithful-Paul's  
imprisonment**

To Mature as We Get Older

**Knowledge/insight,  
test/approve**

To Live from Our Identity/Heart

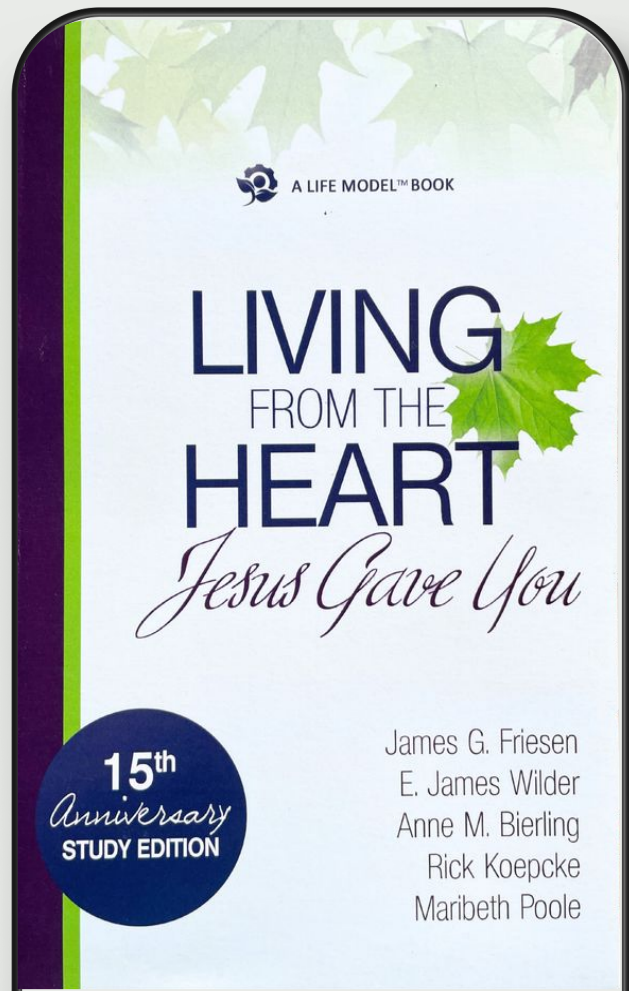
**Filled with fruit of  
righteousness**

# DQs - WHOLENESS Pt 1 (pg 18)

1. How does healthy community help us discover our true selves? What happens when people do not experience life-giving community?
2. Why do you think God uses people to help us grow, recover and come into a deeper relationship with him? How has this applied to you personally?
3. Why might some people not experience growth, repair, maturity and faith development even when part a life-giving community?
4. What do you think is 'God's part' and what is 'our part' in the process of recovery, healing and spiritual maturation?

# Homework

- Read >pg 31
  - 'Wholeness' chapter
- Discuss WHOLENESS part 2 Qs in Small Grp
  - pg 31
- Build Joy - pg 25



SMILE



TOUCH



DISCOVER



SURPRISE



# Building JOY



ASK QUESTIONS



GENUINE INTEREST



DIGNITY/RESPECT



CHERISH

# QUESTIONS?

# PRAYER