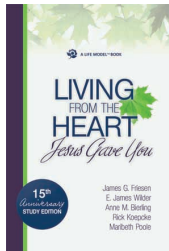


THE LIFE MODEL

joystartshere.com

"The best model I've seen for bringing Christ to the center of counseling and restoring disintegrated community fabric within Christian churches." - Dallas Willard



Living from the Heart Jesus Gave You introduces the Life Model, a comprehensive approach to trauma recovery and life in the family of God. Rooted in scripture and drawing from recent discoveries in neuroscience and psychology, it lays out the basic premise that true joy, which is rooted in relationships with God and others, catalyzes healing and spiritual, relational, and emotional maturity.

RELATIONSHIPS → JOY → HEALING & MATURITY

Joy Starts Here applies the Life Model concept of joy to families, churches, and schools. It incorporates Bible studies, group exercises, and personal assessments for practical application. It identifies three essential elements of joyful (i.e., transformational) environments, along with a resource for cultivating each element:*



- 1) Multigenerational community (people at varying stages of maturity) - *Connexus*
- 2) Immanuel lifestyle - *Immanuel Prayer*
- 3) Presence and propagation of relational brain skills - *Thrive*



1) Connexus (formerly Thriving Recovery) consists of three 12-week group modules. One may enter the program through Restarting (recovery module) or Forming (spiritual formation module). Many have found it beneficial to do both. Restarting and Forming participants then come together in the third module, Belonging, which cultivates community among people at varying maturity stages. Find a group at thrivingrecovery.org.



2) Immanuel Prayer founder Dr. Karl Lehman has books, articles, DVDs, an Immanuel Network Directory, and other resources at his website immanuelapproach.com. Alive and Well, Inc. offers courses and workshops on the Immanuel lifestyle and trains Immanuel Prayer Ministers. Training information and resources at alivewell.org. The book Joyful Journey offers a journaling guide for an individual Immanuel Prayer process.



3) Thrive: Everything from parenting to leading and counseling depends on a mature, peaceful and synchronized nervous system – the ability to regulate one's emotions and relational interactions even in difficult situations. Thrive equips you to pass on the best of yourself to your children, grandchildren and community. Details at joystartshere.com/thrivetraining. The 2016 book Rare Leadership applies four key relational brain skills to leadership.

* These resources each focus on one element of joyful community, but they all incorporate all the elements in some way.