

## Appendix A

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# Soil Assessment Questions

Q1: How much intention to improve is there?

Q2: How aware are you of experiencing this?

Q3: Observable sign

Q4: Observable sign

Q5: Observable sign

Item score: None=0, Low=1, Medium=2, High=3

Five items per scale = total score 15 (range 0–15)

### SCALES

S1: Relational Joy

S2: *Hesed*

S3: Group Identity

S4: Correction

S5: Narcissism

Scale score (add the 5 questions): 0–5 Low (1), 6–10 Medium (2),

11–15 High (3)

Total test score (4 combined scales) range 4–12 (minus narcissism score = 1–11 range)

## THE OTHER HALF OF CHURCH

### Soil Sample 1: Relational Joy Level

*Pick a group or church where you participate regularly to complete this questionnaire.*

Q1: In the last year, how much have you been encouraged or taught to intentionally raise relational joy there?  
None=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_\_

Q2: In the last year, how aware have you been of “glad to be together” moments with other group members?  
None=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_\_

Q3: Do you often feel faces light up when you come together in your community?  
No=0, Rarely=1, Occasionally=2, Usually=3                      Answer \_\_\_\_\_

Q4: How often do you share meals with people in your group?  
Never=0, Rarely=1, Occasionally=2, Often=3                      Answer \_\_\_\_\_

Q5: Does your group train you to increase joy through practices of gratitude?  
None=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_\_

Add your answers for a total \_\_\_\_\_

### *Scoring your soil sample scale*

Add the scores for the five questions. (Your total should be between 0 and 15)

If your total was 0 to 5 your scale score = 1 (Low joy)

If your total was 6 to 10 your scale score = 2 (Medium joy)

If your total was 11 to 15 your scale score = 3 (High joy)

**Soil Sample 2: *Hesed* Attachment Development**

*Answer these questions about the group or church where you participate regularly.*

Q1: In the last year, how much have you been encouraged or taught to intentionally form strong and eternal attachments?  
None=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_\_

Q2: In the last year, have members moved toward better, lifelong relationships with the people in their lives?  
No=0, A little=1, Somewhat=2, Substantially=3                      Answer \_\_\_\_\_

Q3: How much effort is made in your community if something goes wrong or people stop attending?  
None=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_\_

Q4: How often do you feel comfortable sharing a weakness or failure in this community?  
Never=0, A little=1, Sometimes=2, Often=3                      Answer \_\_\_\_\_

Q5: How often do you get to spend unhurried, unstructured time with people in your church or group whom you consider to be more mature Christians?  
Never=0, Rarely=1, monthly=2, weekly or more=3                      Answer \_\_\_\_\_

Add your answers for a total \_\_\_\_\_

*Scoring your soil sample scale*

Add the scores for the five questions. (Your total should be between 0 and 15)

If your total was 0 to 5 your scale score = 1 (Low *hesed*)

## THE OTHER HALF OF CHURCH

If your total was 6 to 10 your scale score = 2 (Medium *hesed*)

If your total was 11 to 15 your scale score = 3 (High *hesed*)

### **Soil Sample 3: Group Identity Strength**

*Answer these questions about the group or church where you participate regularly.*

Q1: In the last year, how much have you been encouraged or taught to intentionally speak with one another about who you really are as a group?

None=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_\_

Q2: In the last year, how satisfied are you with the way your group handles both good and bad times in your lives?

Not at all=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_\_

Q3: Anyone in your group could state the important aspects of who you are (not simply what you believe) and how others can tell by watching you.

No one=0, Rare=1, Some=2, Most=3                      Answer \_\_\_\_\_

Q4: How often do you wonder, *What should I do in this situation?* and find a good answer from your community?

Never=0, Rarely=1, Occasionally=2, Often=3                      Answer \_\_\_\_\_

Q5: How often have you seen another mature Christian act in a way that makes you think, *So that is how a follower of Jesus acts in that situation. I want to be like them?*

Never=0, Rarely=1, Occasionally=2, Often=3                      Answer \_\_\_\_\_

Add your answers for a total \_\_\_\_\_

### **Scoring your soil sample scale**

Add the scores for the five questions. (Your total should be between 0 and 15)

If your total was 0 to 5 your scale score = 1 (Low group identity)

If your total was 6 to 10 your scale score = 2 (Medium group identity)

If your total was 11 to 15 your scale score = 3 (High group identity)

### **Soil Sample 4: "Culture of Correction" Assessment**

Answer these questions about the group or church where you participate regularly.

Q1: In the last year, how much have you been encouraged or taught to intentionally remind members of your group "who we are" when one of you forgets?

None=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_

Q2: In the last year, have you appreciated or seen others appreciate being corrected?

No=0, Rarely=1, Occasionally=2, Frequently=3                      Answer \_\_\_\_

Q3: Leadership encourages and receives correction from everyone.

None=0, Low=1, Medium=2, High=3                      Answer \_\_\_\_

Q4: How often do you hear teaching about the importance of acting like yourself?

Never=0, A little=1, Occasionally=2, Often=3                      Answer \_\_\_\_

## THE OTHER HALF OF CHURCH

Q5: How often do you notice a flaw in your own character and ask someone to help you to correct this flaw?

Never=0, A little=1, Occasionally=2, Often=3      Answer \_\_\_\_\_

Add your answers for a total \_\_\_\_\_

### *Scoring your soil sample scale*

Add the scores for the five questions. (Your total should be between 0 and 15)

If your total was 0 to 5 your scale score = 1 (Low correction)

If your total was 6 to 10 your scale score = 2 (Medium correction)

If your total was 11 to 15 your scale score = 3 (High correction)

### **Soil Sample 5: Narcissism Signs**

*Answer these questions about the group or church where you participate regularly.*

Note: These items are scored differently from the first four soil sample scales.

Q1: In the last year, how much teaching has your group had on intentionally loving enemies?

Frequently=0 Occasionally=1 Rarely=2 Never=3      Answer \_\_\_\_\_

Q2: In the last year, how often has your group intentionally attached to people who are upset with you?

Frequently=0 Occasionally=1 Rarely=2 Never=3      Answer \_\_\_\_\_

Q3: How much “safety to be weak” is there for leaders and members?

High=0 Medium=1 Low=2 None=3      Answer \_\_\_\_\_

*Appendix A: Soil Assessment Questions*

Q4: How much optimism does your group have about discussing topics that might upset someone (particularly someone with influence)?

High=0 Medium=1 Low=2 None=3                      Answer \_\_\_\_\_

Q5: How often are people who justify themselves corrected by the group?

Frequently=0 Occasionally=1 Rarely=2 Never=3      Answer \_\_\_\_\_

Add your answers for a total \_\_\_\_\_

**Scoring your soil sample scale**

Add the scores for the five questions. (Your total should be between 0 and 15)

If your total was 0 to 5 your scale score = 1 (Low narcissism)

If your total was 6 to 10 your scale score = 2 (Medium narcissism)

If your total was 11 to 15 your scale score = 3 (High narcissism)

**TOTAL SOIL HEALTH SCORE**

*Confidence*

Q1: How long have you been participating in this group?

Less than a year = 1

One to three years = 2

Three or more years = 3

Q2: How many times per week do you usually participate in this group?

Less than once per week = 1

Once per week = 2

More than once per week = 3

## THE OTHER HALF OF CHURCH

Q3: How many times per week does your group usually interact?

Less than once per week = 1

Once per week = 2

More than once per week = 3

### *Soil Health*

S1: Relational Joy score \_\_\_\_\_ (Range 1–3)

S2: *Hesed* score \_\_\_\_\_ (Range 1–3)

S3: Group Identity score \_\_\_\_\_ (Range 1–3)

S4: Correction score \_\_\_\_\_ (Range 1–3)

Subtotal \_\_\_\_\_ (Range 4–12)

Minus

S5: Narcissism score \_\_\_\_\_ (Range 1–3)

Total Soil Health \_\_\_\_\_ (Range 1–11)

Interpreting your total soil health score:

Total score from 1 to 4 = Failing church

Total score from 5 to 8 = Almost sustainable church

Total score from 9 to 11 = Healthy soil



## Appendix B

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# Joy on Demand Exercise

**OUR BRAIN NEEDS** fuel to run properly. The fuel that our brains were intended to run on is joy. Very simply, joy is what you experience when you can see in another person's face and eyes that they are happy to be with you. God describes this joy in Numbers 6:25: "The LORD make his face shine upon you." God commands the priests to bless people with this phrase. It is also the neurological definition of joy as presented by Dr. Allan Schore, a professor at UCLA. He is known as the Einstein of psychiatry, and as far as we know, he is not a Christian. But he discovered what God already knows: joy is the fuel on which the brain was designed to run.

Our brains have a default emotional state—the state it resides in when other emotions are not temporarily overwhelming it. In the first eighteen months of life, the default emotional state in our brains, which should be joy, is set to one of the six unpleasant emotions that the brain recognizes—sadness, fear, anger, shame, disgust, and hopeless despair. This was not a choice you made. It was set according to what was happening in your life during your infancy.

## THE OTHER HALF OF CHURCH

Here is the good news: we can reset our default emotional state to joy. This happens in our brains as a response to repeated exposure to a state of gratitude. Gratitude is the on-ramp for raising joy in our lives. The Thirty-Day Joy Exercise is a spiritual discipline that will benefit every Christian. Here is how it works:

### **Gratitude Memories**

Think of a memory in your life for which you are grateful. It can be big (the birth of a child) or small (a beautiful sunset). It doesn't matter, as long as you feel gratitude when you think about it.

- Give it a two- to three-word title (for example, “Dan and Dave,” “Shining Goldfinch,” “Balloon Soccer”)
- In a quiet place, go back into this memory and relive it for a minute, like you are back in it
- Ask:
  - ✦ What did you feel in your body? Maybe “peace” or “lightness” (it doesn't matter what you feel as long as you feel something in your body)
  - ✦ What might God be communicating to you through the memory and the peace you feel? God is with me and likes to share His beauty with me.

### **Phase 1: Gratitude for Five Minutes**

1. Start compiling a list of grateful memories as described above. Each memory has two characteristics: 1) you feel gratitude in your body, and 2) you feel a connection with God in the memory. Eventually, you want a list of at least ten grateful memories.

2. Once a day, spend five minutes residing in gratitude using your list of grateful memories. It is mostly nonverbal. You are feeling a connection with God in your body as you relive memories of gratitude.

Note: Spending five minutes reliving memories without being distracted is difficult if you have never done it before. It will take you a while to be able to sustain the full five minutes without daydreaming or going off on tangents. Give yourself grace. You may be exercising a muscle in your heart that hasn't been used much. Use your list of memories during the five minutes. Some days a single memory will sustain you for five minutes. More commonly, you will need three to five memories to fill five minutes. When the gratitude of one memory starts to fade, go to another one on the list.

Once you can consistently sustain a solid five-minute state of gratitude, you are ready to start the Thirty-Day Joy Exercise.

## **Phase 2: The Thirty-day Joy Exercise**

1. Spend five minutes of gratitude three times a day. Do it the first thing in the morning, at midday, and the last thing you do at night before going to bed. Do this for thirty days. Consistency is key.
2. Sometime during the thirty days, your brain will respond to this repeated exposure to gratitude. It will reset your default emotional state to joy. You will likely start to feel different when you wake up, and you will notice when you slip out of joy as you live your life. *Not feeling joy will feel abnormal to you.* You will want to return to joy as soon as possible.

### **Phase 3: Joy Maintenance**

Maintain joy levels by spending five minutes each day in gratitude.

## Appendix C

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# Pseudo-Joy Checklist

From E. James Wilder, Edward M. Khouri, Chris M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd's House Inc., 2013). Used by permission.

- 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



## Appendix D

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# Enemy Mode Checklist

### Simple Enemy Mode (Relational Circuits Off)

- I just want to make a problem, person, or feeling go away
- I don't want to listen to what others feel or say
- My mind is "locked onto" something upsetting
- I don't want to be connected to \_\_\_\_\_ (someone I usually like)
- I just want to get away, or fight, or I freeze
- I more aggressively interrogate, judge, and fix others

### Predatory Enemy Mode (Relational Circuits without Attachment)

- I am looking, listening, or thinking of any weaknesses I can find in others
- I would like them to lose
- I am plotting my escape or covering my moves

## THE OTHER HALF OF CHURCH

- I find my attitude easy to justify that I am right
- Tracking their feelings, movements, and plans feels strategic
- I know what will bother them and how I can use that to my advantage

### **Compassionate Relational Mode (Relational Circuits Fully On)**

- Feel curious (want to know) about what the other is experiencing right now
- I desire to share what the other person is feeling at this moment
- I feel protective of them
- The other person feels like one of my people
- Relationships feel more important than the problem
- I feel aware of God's presence



## Appendix E

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# Maturity Stages

From E. James Wilder, Edward M. Khouri, Chris M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd's House Inc., 2013). Used by permission.

### **THE UNBORN STAGE—Ideal Age: Conception to Birth**

While acknowledging that this stage is crucial to the formation of bonds and a working body along with many learned patterns for voices, cries, food preferences, immune system functions, and even a liberal transfer of DNA from the infant into the mother's body to provide stem cells, repair areas of damage in the mother's body, spend the rest of her life in her brain, and other profound life-sharing changes, we will not include any list of tasks and needs for the development of the unborn child in this list.

### **THE INFANT STAGE—Ideal Age: Birth to Age 4**

#### **Infant Needs**

- Joy bonds with both parents that are strong, loving, caring, secure
- Important needs are met without asking
- Quiet together time
- Help regulating distressing emotions

## THE OTHER HALF OF CHURCH

- Be seen through the “eyes of heaven”
- Receive and give life
- Have others synchronize with him/her first

### **Infant Tasks**

- Receive with joy
- Learn to synchronize with others
- Organize self into a person through imitation
- Learn to regulate emotions
- Learn to return to joy from every emotion
- Learn to be the same person over time
- Learn self-care skills
- Learn to rest

## **THE CHILD STAGE—Ideal Age: Ages 4 to 13**

### **Child Needs**

- Weaning
- Help to do what he does not feel like doing
- Help sorting feelings, imaginations, and reality
- Feedback on guesses, attempts, and failures
- Be taught the family history
- Be taught the history of God’s family
- Be taught the “big picture” of life
- Be taught to do “worthy work” for mind and body

### **Child Tasks**

- Take care of self (one is enough right now)
- Learn to ask for what he/she needs
- Learn self-expression
- Develop personal resources and talents
- Learn to make himself/herself understandable to others
- Learn to do hard things

- Learn what satisfies
- Tame the nucleus accumbens (our cravings)
- See self through the “eyes of heaven”

## **THE ADULT STAGE—Ideal Age: Age 13 to first child**

### **Adult Needs**

- A rite of passage
- Time to bond with peers and form a group identity
- Inclusion by members of the same sex
- Observing the same sex using their power fairly
- Being given important tasks by his/her community
- Guidance for the personal imprint they will make on history
- Opportunities to share life in partnership

### **Adult Tasks**

- Take care of two or more people at the same time
- Discover the main characteristics of his/her heart
- Proclaim and defend personal and community (group) identity
- Bring self and others back to joy simultaneously
- Develop a personal style that reflects his/her heart
- Learn to protect others from himself/herself
- Learn to diversify and blend roles
- Life-giving sexuality
- Mutual satisfaction in a relationship
- Partnership
- To see others through the “eyes of heaven”

**THE PARENT STAGE—Ideal Age: From first child until youngest child becomes an adult at 13**

**Parent Needs**

- To give life
- An encouraging partner
- Guidance from elders
- Peer review from other fathers or mothers
- A secure and orderly environment
  - Parent Tasks
  - Giving without needing to receive in return
  - Building a home
  - Protecting his/her family
  - Serving his/her family
  - Enjoying his/her family
  - Helping his/her children reach maturity
  - Synchronizing with the needs of children, spouse, family, work, and church
  - See his/her own children through the “eyes of heaven”

**THE ELDER STAGE—Ideal Age: Youngest child is an adult**

**Elder Needs**

- A community to call his/her own
- Recognition by his/her community
- A proper place in the community structure
- Have others trust them
- Be valued and protected by their community

**Elder Tasks**

- Hospitality
- Giving life to those without families
- Parent and mature his/her community

*Appendix E: Maturity Stages*

- Build and maintain a community identity
- Act like himself/herself in the midst of difficulty
- Enjoy what God puts in each person in the community (seeing each of them through “eyes of heaven”)
- Building trust of others through the elder’s own transparency and spontaneity

NOTE: Each stage builds on the previous stage. Therefore each stage includes the needs and tasks of the previous stage. The “ideal age” is the earliest age at which new tasks can be attempted. The end of that stage expects some degree of mastery. In no way does our maturity determine our value, but it does determine the level of responsibility we can handle.



# NOTES

## Chapter 1: Half-Brained Christianity

1. Dallas Willard, *Renovation of the Heart: Putting On the Character of Christ* (Colorado Springs, CO: NavPress, 2002).
2. It would be a major mistake to assume that because the control is located in one place in the brain that all the work is being done there. What has been called “left brain” or “right brain” is generally done all over the brain, even when some part of the brain is dominant for the unification of effort. So we will see that joy and identity are right-brain functions. What we mean is that there are tendrils all over the brain that process joy and identity, but the control or unification of all the work is dominantly a right-brain job. There has been a popular misconception about the right and left brain for decades. In this old idea, the right brain is artistic and free while the left brain is rigid and logical. Starting in the 1990s—the decade of the brain—scientists could finally scan living brains burning sugar or oxygen. What followed these studies was another series of mistakes based on the presumption that whatever was burning the most energy was in charge. It was equally possible that what was burning energy was the part that was in trouble.

The brain is incredibly economical in its use of energy and prefers to use as little energy as possible when things are going as desired and predicted. Studies that focused on high-brain activity, therefore, were subject to a potentially large flaw in their conclusions. They could tell where the “action” was happening but might incorrectly conclude that the action was where a process was controlled as compared to the place where the problems with the process were being resolved. In addition, when activity was high enough, the brain was not doing anything useful at all. At times the brain approached the levels of activity that would be called a “cramp” if it were a muscle. We know that a totally cramped muscle is doing no good for our motion or actions.

One popular error was concluding that an active left prefrontal cortex with a quiet right prefrontal was “happy,” while if the right prefrontal was active instead, the brain was “unhappy.” The solution, therefore, was to suppress the right and activate the left so people might have a better mood. It so happened that whenever this change occurred naturally, the person’s mood brightened considerably. But suppressing the right and pushing activity in the left did not produce this same improvement. Not until a better explanation was found through the brain science of Dr. Allan Schore and Dr. Antonio Damasio could this be explained.

## THE OTHER HALF OF CHURCH

3. Dallas Willard, "Spiritual Formation as a Natural Part of Salvation," in *Life in the Spirit: Spiritual Formation in Theological Perspective*, ed. Jeffrey P. Greenman and George Kalantzis (Downers Grove, IL: IVP Academic, 2010), 55.
4. A better model of the brain suggests that the part of the brain that is in control (dominant) is relatively quiet when all is well. The faster-than-conscious thought track in the right prefrontal area is dominant for our identity, character, values, and relationships. When all is well in our identity and relationships our right prefrontal areas sits quietly by and lets the slower system, left prefrontal, handle conscious interactions with the world. We are in a happy mood, for all is well with the now quiet relational right brain. When something goes wrong with our identity and significant relationships, the right brain fires up to deal with this distressing problem. The left brain goes into a sort of "standby" level, and we are in distress. The solution is not to shut down the relational repair system so we feel fine. The solution is to find a relational solution to what has taken away our joy. Then the master system will go back to watching the left brain play happily in its conscious speed world.

It would be a second and major mistake to assume that because the control is located one place in the brain that there is where all the work is being done. What has been called "left brain" or "right brain" is generally done all over the brain even when some part of the brain is dominant for the unification of effort.

If we were scanning an airport for where the oxygen was being burned, we would have a difficult time finding the air traffic controllers, the pilots, and the flight management teams. Work would be going on all over the airport, but the control network would not be where most of the work was done. Indeed, we would probably conclude that airports are controlled by coffee nuclei located around the terminals and planes. Activity from these coffee nuclei seems to initiate most airport activities. Sellers of caramel macchiato and soy latte supplements would proclaim that their improved airport operation had prevented flight cancellations.

Until about age four, the two halves of the brain operate in near total disconnection from each other. The two sides have very clearly separate growth times, and what develops as it grows differs very widely. Indeed, much of what goes on in the brain is not open to conscious examination or control. The brain controls our blood pressure, for example. If we could watch and control blood pressure, we would certainly "turn it down" rather than have a stroke, but this is not to be. The effect of not being able to observe many processes has been to try to do too much with the processes we can observe. This error has encroached on Christianity as we have reduced identity, knowledge, and truth to only what we can consciously observe. To understand what we say about the left and right brain, including how we learn to be both human and Christian, we must move beyond these old understandings.

5. See Paul Helm, *Human Nature from Calvin to Edwards* (Grand Rapids, MI: Reformation Heritage Books, 2018), 239. N. T. Wright, "Loving to



Know,” *First Things*, February 2020, <https://www.firstthings.com/article/2020/02/loving-to-know>, retrieved 02/27/2020.

6. Antonio Damasio, *Descartes' Error: Emotion, Reason, and the Human Brain* (New York: Avon Books, 1994), 245–252.
7. Helm, *Human Nature*, 34–35.

## Chapter 2: How Do People Grow?

1. Dallas Willard, *Renovation of the Heart: Putting On the Character of Christ* (Colorado Springs, CO: NavPress, 2002), 238.
2. Michel Hendricks, *Basic Training for Walking with Jesus* (self-pub., CreateSpace, 2018).
3. Willard, *Renovation of the Heart*, 243.
4. Dallas Willard, *The Divine Conspiracy: Rediscovering Our Hidden Life in God* (New York: HarperCollins Publishers, 1998), 301.
5. Dallas Willard, *The Great Omission: Rediscovering Jesus' Essential Teachings on Discipleship* (New York: HarperCollins Publishers, 2006).
6. Willard, *Renovation of the Heart*, 239.
7. Dallas Willard, *The Spirit of the Disciplines: Understanding How God Changes Lives* (San Francisco: HarperOne, 1999), 235.
8. *Ibid.*, 16.
9. Willard, *Renovation of the Heart*, 112.
10. E. James Wilder, Edward M. Khouri, Chris M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd's House Inc., 2013), 87.
11. James K. A. Smith, *You Are What You Love: The Spiritual Power of Habit* (Grand Rapids, MI: Brazos Press, 2016), 3.
12. Paul Helm, *Human Nature from Calvin to Edwards* (Grand Rapids, MI: Reformation Heritage Books, 2018) treats this at length. Also see Nathan O. Hatch and Harry S. Stout, eds., *Jonathan Edwards and the American Experience* (New York: Oxford University Press, 1988).
13. Marcus Warner and E. James Wilder, *The Solution of Choice: Four Good Ideas that Neutralized Western Christianity* (Carmel, IN: Deeper Walk International, 2018), 29–34.
14. Willard, *Renovation of the Heart*, 243
15. Allen C. Guelzo, *Edwards on the Will: A Century of American Theological Debate* (Middletown, CT: Wesleyan University Press, 1989).
16. *The Solution of Choice* explains this more fully. Also Smith writes about this in *You Are What You Love*.
17. You can find more information about Thrive training at [thrivetoday.org/thrive/](http://thrivetoday.org/thrive/).

## Chapter 3: Joy: The Face of Jesus That Transforms

1. Cyd Holsclaw and Geoff Holsclaw, *Does God Really Like Me?: Discovering the God Who Wants to Be with Us* (Downers Grove, IL: IVP Books, 2020), 83. The authors write about God's joy to be with us.
2. Daniel J. Siegel and Mary Hartzell, *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* (New York: Penguin, 2014), 38.

## THE OTHER HALF OF CHURCH

3. Jesus sings Psalm 22 while on the cross, “My God, My God, why have you forsaken me?” This has often been preached as “the Father turned His face away,” but this statement is not in Scripture.
4. Holsclaw and Holsclaw, *Does God Really Like Me?*, 43.
5. E. James Wilder, Edward M. Khouri, Chris M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd’s House Inc., 2013), 35.
6. E. James Wilder, Anna Kang, John Loppnow, and Sungshim Loppnow, *Joyful Journey: Listening to Immanuel* (East Peoria, IL: Shepherd’s House Inc., 2015), 16.
7. For information on this training, go to [www.thrivetoday.org/thrive/](http://www.thrivetoday.org/thrive/).
8. For more information on this training and more, see [ThriveToday.org](http://ThriveToday.org).
9. Wilder et al., *Joy Starts Here*, 205–206.
10. Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Moody Publishers, 2019).
11. Track 1 of Thrive training explains this cycle thoroughly and gives you many chances to practice it. See [thrivetoday.org/thrive](http://thrivetoday.org/thrive) for more information.

### Chapter 4: *Hesed*: Our Relational Glue

1. Jim and Marcus have devoted a chapter to this topic in Marcus Warner and E. James Wilder, *The Solution of Choice: Four Good Ideas That Neutralized Western Christianity* (Carmel, IN: Deeper Walk International, 2018), 67–79.
2. Jim Wilder, *Renovated: God, Dallas Willard and the Church that Transforms* (Colorado Springs, CO: NavPress, 2020), 107–128, 201–208. Jim has written about *agape* in his dialogue with Dallas Willard in *Renovated*. *Renovated* includes discussion of the Hebrew and Greek words for “glue” and the commands to glue ourselves to God. This is the same meaning as the psychological word “bond.” In addition, *Renovated* reviews the twelve characteristics of a strong and healthy attachment, comparing them with scriptural instructions for life with God and others. The twelve characteristics of a good bond match strongly with a biblical way of life.
3. Attachment outpowers sexuality and grows through joy. However, when joy fades and people are no longer glad to be together, new joys can grow new attachments where they should not grow. Thus, we find well-known leaders and powerful people becoming attached to the wrong people in spite of knowing all there is to know about how they should live. When attachment and sex drives combine, there is no force left in the human mind that can fight them. When we realize that our attachments grow through joy, it becomes clear that we should be diligent about keeping joy high where joy is meant to be grown.
4. E. James Wilder, *The Pandora Problem: Facing Narcissism in Leaders and Ourselves* (Carmel, IN: Deeper Walk International, 2018), 20–27.
5. E. James Wilder, *The Complete Guide to Living with Men* (Pasadena, CA: Shepherd’s House Inc., 2004), 16.
6. Wilder, *The Complete Guide*, 16.

7. James G. Friessen, E. James Wilder, Anne M. Bierling, Rick Koepcke, and Maribeth Poole, *Living from the Heart Jesus Gave You* (East Peoria, IL: Shepherd's House, Inc., 2013), 58–69.
8. In *You Are What You Love: The Spiritual Power of Habit* (Grand Rapids, MI: Brazos Press, 2016), James K. A. Smith argues that we have made people to be brains on a stick as a result of Enlightenment thinking.
9. Warner and Wilder, *Solution of Choice*, 67.
10. *Ibid.*, 68.
11. Robert H. Mounce, *The Book of Revelation*, The New International Commentary on the New Testament (Grand Rapids, MI: Eerdmans Publishing Company, 1977), 88–89.
12. C. S. Lewis, *The Four Loves* (New York: HarperCollins Publishers, 1960), Kindle Edition, 154.
13. E. James Wilder, Edward M. Khouri, Chris M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd's House Inc., 2013), 112.

#### **Chapter 6: Healthy Correction: Stop Being So Nice**

1. Curt Thompson, *The Soul of Shame: Retelling the Stories We Believe about Ourselves* (Downers Grove, IL: IVP Books, 2015), ch. 3, “Joy, Shame and the Brain.”
2. We have mentioned all seven. Six are big emotions wired into the brain. The seventh is the attachment pain mentioned in the chapter on *hesed*.
3. E. James Wilder, *The Pandora Problem: Facing Narcissism in Leaders and Ourselves* (Carmel, IN: Deeper Walk International, 2018), 151–60.
4. Wilder, *The Pandora Problem*, 155.
5. *The Pandora Problem* has exercises on healthy shame messages at the end of each chapter. *The Pandora Problem Companion Guide* also provides opportunities to practice this skill.
6. Wilder, *The Pandora Problem*, 111.

#### **Chapter 7: Narcissism: The Relational Infection**

1. E. James Wilder, *The Pandora Problem: Facing Narcissism in Leaders and Ourselves* (Carmel, IN: Deeper Walk International, 2018), 155.
2. Wilder, *The Pandora Problem*, 45–46.
3. *Ibid.*, 12–18.
4. Definitions of narcissism differ in America and Europe among professionals, and the line at which narcissism becomes a psychological disorder is not firmly established. The diagnostic category of narcissistic personality disorder has been dissolved in favor of making narcissism a more general personality difficulty.
5. Wilder, *The Pandora Problem*, 131–50.
6. See *Joyful Journey* in the Resources at the end of this chapter for more information.
7. *The Pandora Problem Companion Guide* contains these exercises.
8. Wilder, *The Pandora Problem*, 235–55.

## THE OTHER HALF OF CHURCH

### Chapter 8: A Full-Brained Christianity

1. For example, Acts 24:3 and 26:2.
2. The training is based on the Life Model created by Jim Wilder. My wife and I are specifically going through Thrive, a full-brained relational skills training based on the Life Model. See [thrivetoday.org/thrive](http://thrivetoday.org/thrive).
3. You can read more about maturity levels in *Living from the Heart Jesus Gave You* and *Complete Guide to Living with Men*.
4. For more information, read *Joyful Journey* by Wilder et al. and the extensive writings and videos of Karl D. Lehman MD at [KCLehman.com](http://KCLehman.com).
5. Dallas Willard, *Hearing God: Developing a Conversational Relationship with God* (Downers Grove, IL: InterVarsity Press, 1984).
6. Wilder, *The Pandora Problem*, 190.
7. We know how natural families can come to control church environments and become a pastor's worst nightmare. We are describing relationships like Paul and Timothy, Paul and Titus, that would qualify as discipleship.
8. Read chapter 2 of *Living from the Heart Jesus Gave You* for more information on maturity. Thrive Training is designed to fill in all missing infant level relational skills. See [thrivetoday.org/thrive](http://thrivetoday.org/thrive).
9. For more maturity signs, see *Living from the Heart Jesus Gave You*, 53–57.