



RADiation Worksheet

Reflection | Application | Discussion

Week of October 1

Joy prepares our minds for character transformation.

DISCUSSION & PRAYER ([PHILIPPIANS 4:6-7](#))

What has God done that you are thankful for this week?

What challenge are you facing?

SCRIPTURE

[Hebrews 12:1-2](#)

(Read these verses on your own and aloud as a group.)

REFLECTION

Relational Joy Assessment from *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation* (Wilder & Hendricks, Moody Publishers, 2020)

- What are some ways you have been taught or encouraged to intentionally raise relational joy in your small group or church?
- In the last year, what is one “glad to be together” moment you remember in your small group or church?
- Do you often feel faces light up when you come together in your small group or church?
- How often do you share meals with people in your small group or church?
- How does your small group or church train you to increase joy through practices of gratitude?

APPLICATION

Christ-like character (maturity, perfection, Greek: teleios) helps us to know and follow God’s will rather than following our own preferences or being conformed to the world. From the passage above, how was joy an important part of Christ’s character?

Experts say that if we practice recalling grateful memories that way everyday, we will become better at living joy-filled, healthy lives. How will your life change as you grow your capacity for joy?

Take a moment to think of a grateful memory where you felt connected to God. Try to recall some of the ways that event reacted with your senses (move it from the “logical” side of your brain to the “sensing” side of your brain). What title could you give this memory?

NOTE: It’s the second week of Small Group! Make sure to catch any stragglers up on the [Small Group Covenant](#), the shared expectations for your group. Start planning a service project that reaches outside the church, and a social that helps build relationships within your group.