



## **Building Better Community Skills**

### **Skill 6 – Joy Memories**

If someone were to ask how your last week or month has been, where does your mind usually go? Do you remember mostly challenges or do you reflect on all of the good things? When you reflect on your day, do you remember that one difficult encounter from 9:15 am, or do you list all of the blessings you experienced throughout the day? This is more than being a “half-glass-empty” vs. a “half-glass-full” person. It’s actually the key to the ongoing strength of our soul and mind.

Sometimes we miss the importance of feelings of joy. Or maybe we believe they are fleeting or too few and far between. In Nehemiah 8:10, we read *“The joy of the Lord is your strength.”* (ESV) There is actually great strength for our soul and mind as we live in joy!

Imagine if you actually had the ability to strengthen your mind and soul by focusing more on joyful memories! You could begin to live differently. And when you do this together in community through shared joy, you actually amplify the health of your soul and mind.

Let’s do an exercise which will help us with joy memories as we build this relational skill.

#### **Exercise:**

- *“Everyone, take a deep breath in and a deep breath out to focus.”*
- Read the above paragraph.
- *“Close your eyes as you look back over your week. Look for all of the moments where you experienced laughter or comfort or smiles or joy with another person.”*
- *“Pick one of those to really focus and remember.”*
- *“Picture the room, the setting, the other person or people. Think about how you were sitting or standing and remember how you felt. Begin to let a smile cross your face.”*
- *“Now picture Jesus standing in the room participating in the conversation, encouraging, blessing, and smiling.”*
- *“Remember, the joy of the Lord is my strength.”*
- *“Say it with me. The joy of the Lord is my strength.”*
- *“Say it again. The joy of the Lord is my strength.”*
- Close the time in prayer.

#### **At Home this week:**

Practice this skill with others in your home at the end of each day. Allow time to actually let people not only list the joyful moments but also relive the feelings and emotions.