



1. Pay attention to where your mind is going
2. Our brains default mode is worry & fear
3. God has designed us for joy
4. Gratitude is one practice for growing this joy

SMALL GROUP QUESTIONS:

- 1.) Share your experience of the Rick Hanson exercise, either positive or negative.
- 2.) What comes up for you as you learn more about how your brain works?
- 3.) What we pay attention to is going to impact our brains and bodies for positive or negative. Over time, where you rest your mind is going to shape your brain.
Looking back over the past week, where have you been resting your mind and attention? What have you been “growing”?
- 4.) What does it look like practically this week to begin sewing seeds of gratitude and joy?