



JOYFUL

The word "JOYFUL" is rendered in large, white, perforated letters. A white speedometer graphic is superimposed over the letters, with its needle pointing towards the right. The background is a scenic landscape with a winding road, a volcano, and a red-tinted sky.

LIVING A JOY-FUELED LIFE

LOVE CONNECTS

FEAR REJECTS

JOHN 15:9-11 NLT

⁹ “I have loved you even as the Father has loved me. Remain in my love. ¹⁰ When you obey my commandments, you remain in my love, just as I obey my Father’s commandments and remain in his love. ¹¹ I have told you these things so that you will be filled with my **joy**. Yes, your **joy** will overflow!

LOVE BONDS

BASED ON LOVE AND CHARACTERIZED BY TRUTH, CLOSENESS, INTIMACY, JOY, PEACE, PERSEVERANCE, AND AUTHENTIC GIVING.

FEAR BONDS

BASED ON FEAR AND CHARACTERIZED BY PAIN, HUMILIATION, DESPERATION, SHAME, GUILT, AND/OR FEAR OF REJECTION, ABANDONMENT, OR DETRIMENTAL CONSEQUENCES.

LOVE BONDS

BOND IS DESIRE-DRIVEN.
*(I BOND BECAUSE I WANT TO BE WITH
YOU.)*

FEAR BONDS

BOND IS AVOIDANCE-DRIVEN.
*(I BOND BECAUSE I WANT TO AVOID
NEGATIVE FEELINGS OR PAIN.)*

LOVE BONDS

LOVE BONDS GROW STRONGER WHEN WE MOVE CLOSER AND WHEN WE MOVE FARTHER AWAY.

(WHEN WE MOVE CLOSER, I GET TO KNOW YOU BETTER. WHEN WE MOVE FARTHER AWAY, I AM STILL BLESSED BY THE MEMORY OF YOU.)

FEAR BONDS

FEAR BONDS ONLY GROW STRONGER BY MOVING CLOSER OR BY MOVING FARTHER AWAY.

(THE CLOSER WE GET, THE SCARIER IT GETS, SO I HAVE TO AVOID THE CLOSENESS, OR THE FARTHER AWAY WE GET, THE SCARIER IT GETS, SO I HAVE TO MANIPULATE CLOSENESS.)

LOVE BONDS

BASED ON LOVE AND CHARACTERIZED BY TRUTH, CLOSENESS, INTIMACY, JOY, PEACE, PERSEVERANCE, AND AUTHENTIC GIVING.

BOND IS **DESIRE-DRIVEN**.
(I BOND BECAUSE I WANT TO BE WITH YOU.)

LOVE BONDS **GROW STRONGER WHEN WE MOVE CLOSER AND WHEN WE MOVE FARTHER AWAY**.
(WHEN WE MOVE CLOSER, I GET TO KNOW YOU BETTER. WHEN WE MOVE FARTHER AWAY, I AM STILL BLESSED BY THE MEMORY OF YOU.)

FEAR BONDS

BASED ON FEAR AND CHARACTERIZED BY PAIN, HUMILIATION, DESPERATION, SHAME, GUILT, AND/OR FEAR OF REJECTION, ABANDONMENT, OR DETRIMENTAL CONSEQUENCES.

BOND IS **AVOIDANCE-DRIVEN**.
(I BOND BECAUSE I WANT TO AVOID NEGATIVE FEELINGS OR PAIN.)

FEAR BONDS **ONLY GROW STRONGER BY MOVING CLOSER OR BY MOVING FARTHER AWAY**.
(THE CLOSER WE GET, THE SCARIER IT GETS, SO I HAVE TO AVOID THE CLOSENESS, OR THE FARTHER AWAY WE GET, THE SCARIER IT GETS, SO I HAVE TO MANIPULATE CLOSENESS.)

RULES TO CREATE LOVE MOTIVATION

- 1. FIND THE LOVE**
- 2. FOCUS ON LOVE**