



Pastor Dave

Serving Kids in a Dopamine World, Part 3: How the Brain's Balance Points to God's Design for Joy

Creek Kids Leaders,

When I read *Dopamine Nation*, I was amazed at how clearly it shows God's design for us, even though Dr. Anna Lembke doesn't describe it that way. She explains how our brains work like a balance, with pleasure on one side and pain on the other. Each time we chase a quick pleasure, the balance tips toward pleasure, but then it tilts back toward pain as the brain resets.





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That rhythm is meant to keep us from living off short bursts of fleeting happiness. It's how God reminds us that lasting joy can't be manufactured; it must be received in Christ.

When we rest, worship, or give thanks, the balance steadies, and the heart resets, too. Every week, you help kids experience that reset. Your calm presence, steady leadership, and Christlike care point them toward a joy that doesn't fade when the noise ends.

"You make known to me the path of life; in Your presence there is fullness of joy." — Psalm 16:11





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That's the kind of joy the world can't imitate. You carry it with you each time you serve, and through you, God is teaching the next generation that real joy is found not in the next click but in the presence of Christ Himself.

Blessings,
Dave

