



The Power of Relationship to Restore & Renovate Us

“You’ll use the old rubble of past lives to build anew, rebuild the foundations from out of your past. You’ll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again.” – Isaiah 58:12 (The Message)

- Restoration of our soul comes when we begin our relationship with God through His Son Jesus. Restoration of our heart and mind continues because of this secure attached relationship.
- So much Christian teaching tends to focus on right beliefs and right choices as the key to personal growth but biblical evidence and modern brain science show that our ***character is shaped more by whom we love than what we believe.***
- The Book of Isaiah will help us see how the promise of salvation would come through the Messiah. But in addition to bringing pardon for sin, intimate relationship with Jesus renovates us wholly—mind, will, and emotion.
- This study is about showing how we can train our brains to relate to God based on a joyful, mutual connection with Jesus which will lead to emotional, relational, and spiritual maturity.

Getting Quiet & Being Connected
TRANSFORMATION OF OUR CHARACTER

ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

1. **HE IS COMING!** → God allowed the prophets to look far into the future. Isaiah had the spirit of expectation. We hear him cry, “He is coming!” This great statesman was the prophet of the Southern Kingdom of Judah. He lived at the time that the Northern Kingdom of Israel was destroyed by Assyria. Isaiah was the one whose voice saved the kingdom of Judah.
2. **VICTORY** → Isaiah told of the judgment that must fall on Judah because she would not fulfill her mission in the world. But through the whole book we find the ultimate triumph of God’s plan through His appointed Servant, the Lord Jesus Christ (Isaiah 53:1-6).
3. **COMMUNITY OF WORSHIP & PEACE** → God’s true people will become a multinational community of worship and peace forever (Isaiah 56:3-8) and the predominant culture of a new world (Isaiah 49:19-26).

RESTORED: THE PIECES OF THE TRANSFORMAITON PUZZLE

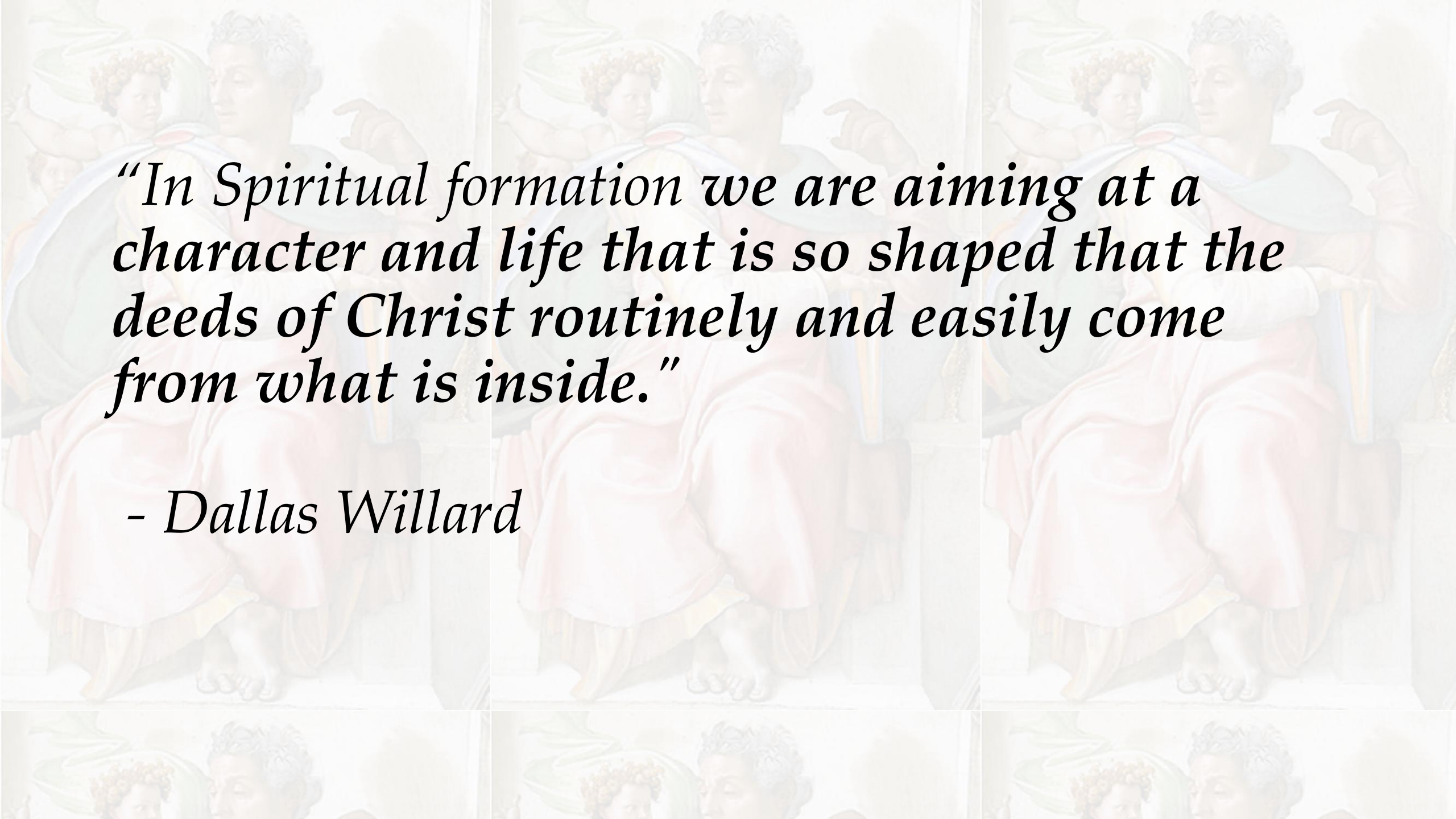
1. Brain Skills → Learning relational-brain skills with other people.
There are 19 skills defined.
 1. Share Joy.
 2. Soothe Myself – Simple Quiet.
 3. Form Bonds of 2 – Synchronize Attachments.
 4. Create Appreciation.
 5. Form Family Bonds – Bonds for 3.
 6. Identify Heart Values from Suffering – The Main Pain and Characteristics of Hearts.
 7. Tell Synchronized Stories – 4+ Storytelling.
 8. Identify Maturity Levels.
 9. Take a Breather – Timing When to Disengage.

RESTORED: THE PIECES OF THE TRANSFORMAITON PUZZLE

1. Brain Skills → Learning relational-brain skills with other people.
There are 19 skills defined. (CONTINUED)
10. Tell Nonverbal Skills.
11. Return to Joy from the Big 6 Feelings.
12. Act Like Myself in the Big 6 Feelings.
13. See What God Sees – Heartsight.
14. Stop the Sark.
15. Quiet Interactively.
16. Recognize High & Low Energy Response Styles – Sympathetic and Parasympathetic.
17. Identify Attachment Styles.
18. Intervene Where the Brain is Stuck – 5 Distinctive Levels of Brain Disharmony and Pain.
19. Recover from Complex Emotions – Handle Combinations of the Big 6 Emotions.

RESTORED: THE PIECES OF THE TRANSFORMATION PUZZLE

2. Intimate Walk with God → Developing and fostering an intimate, interactive walk with God.
3. Community → Being a part of a multi-generational community. Not in age but in the level of maturity.



“In Spiritual formation we are aiming at a character and life that is so shaped that the deeds of Christ routinely and easily come from what is inside.”

- Dallas Willard

RESTORED: THE PIECES OF THE TRANSFORMAITON PUZZLE

1. SOOTHE MYSELF – SIMPLE QUIET → We need to lower our own energy level so we can REST after both joyful and upsetting emotions. As I learn to do take charge of my life through REST, I feel stable. This self-soothing capacity is the strongest predictor of good mental health for a lifetime.
2. FORM BONDS OF TWO → To be human is to link heart and face. Our brain creates a natural co-regulation through connection where our movements, posture, facial expressions, tone of voice, and tempo of speech begin to synchronize. Our heart begins to align—literally. Unless it doesn't feel safe to do so. Everyone must be curious and take on the role of a scientist when learning about their own nervous system. Discover how to notice, interpret, and explain your nervous states without judgment. Understand your triggers and your well-developed patterns of protection. Befriend the nervous system, as it is instinctively your protector. You may need to seek help if you have experienced significant trauma. Healing begins with awareness. Once you are aware, you can identify the key to unlocking what you need in a relationship to feel safe and share it with those you love as an explanation, not as an excuse. Teach others how to “whisper” to you, ultimately meeting both of your needs.

ACTION: Journal This

7 Simple Christian Mindfulness Exercises

1. Ground yourself in the present moment. Psalm 118:24
2. Breathe deeply with a two-word anchor prayer. Proverbs 3:5
3. Take a Bible meditation break. Isaiah 46:4
4. Listen mindfully to people you talk with. Genesis 1:27
5. Pause to appreciate natural beauty. Romans 1:20
6. Notice how your body feels with a body scan. I Corinthians 6:19
7. Say a prayer of blessing for others. Romans 15:13

NOTE: How can we connect with God in our daily lives? God is always with us, but when we're rushing through the stress of everyday life, it can be hard to notice His presence. *But no matter how busy we are, He is ready to meet us in the moments when we stop to connect with Him.* Practicing Christian mindfulness can remind us to turn our attention to God in the details of our daily lives.

The basis for Christian mindfulness is the fact that *God is present*. Traditional mindfulness encourages awareness of our experiences in the present moment. If God is always with us, then Christian mindfulness is the simple awareness of God's active presence and involvement in our everyday, present-moment experiences.