



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.

THE JOY OF BEING JOYFUL
TRANSFORMATION OF OUR CHARACTER

ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

1. **CALLED TO THE LIGHT** → The Lord called His people to be the mirrored image of His faithfulness to the world, and yet they are now filled with rampant unfaithfulness at every level (personal, religious, and social).
2. **BE A BEACON OF LIGHT** → In spite of the people's waywardness, God intends to purge His people of its sinfulness and set up a "Light House" for the whole world. They Road will be the experience of JOY (Isaiah 35:8-10).
3. **WALK IN THE LIGHT** → Isaiah pleads for his people to commit themselves to walking "in the light of the Lord" (Isaiah 1:21-2:5). God is offended by religious ritual because it conceals an empty heart and a careless life (Isaiah 58:1-12; 66:1-4).

RESTORED: THE PIECES OF THE TRANSFORMAITON PUZZLE

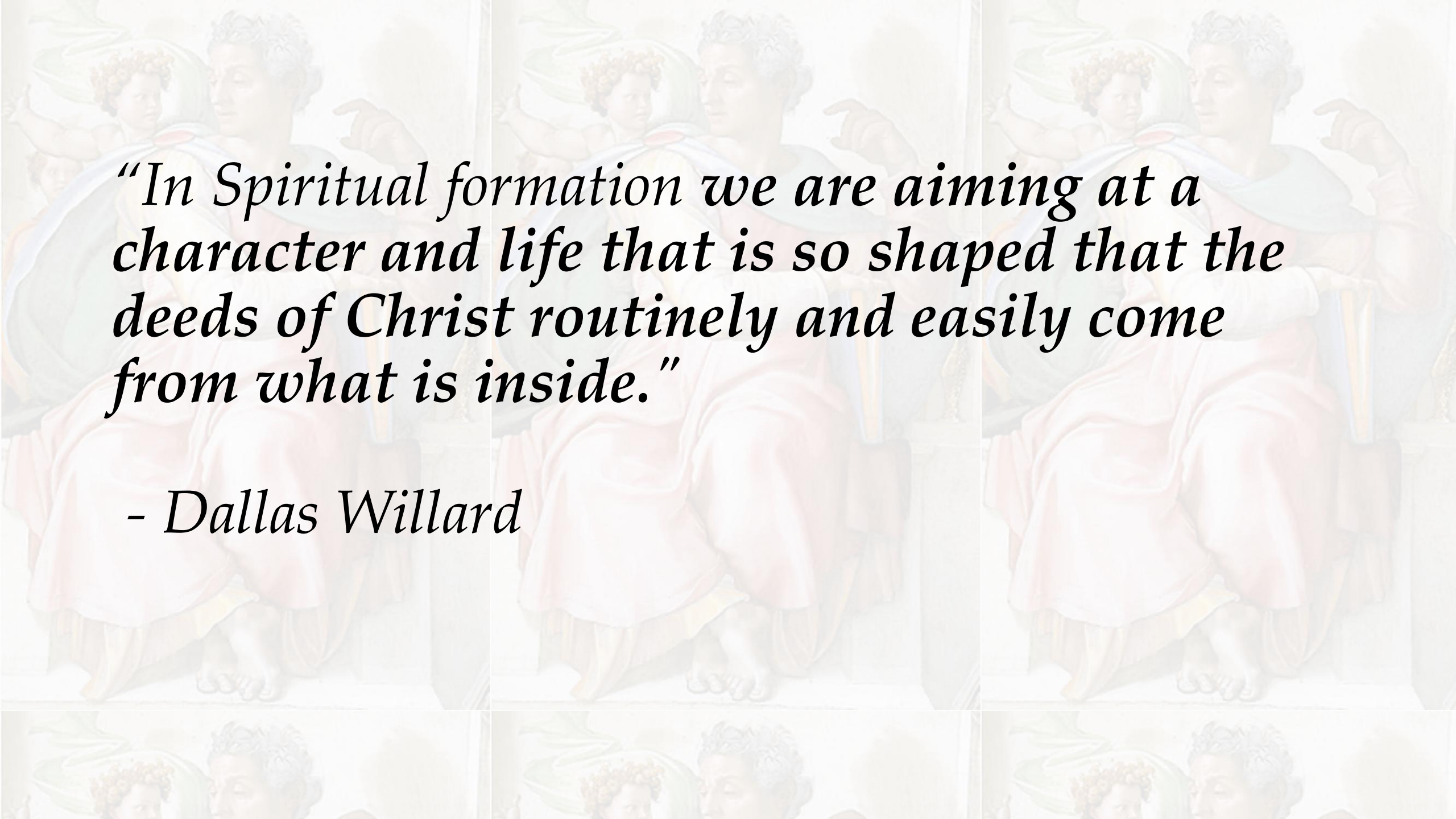
1. Brain Skills → Learning relational-brain skills with other people.
There are 19 skills defined.
 1. Share Joy.
 2. Soothe Myself – Simple Quiet.
 3. Form Bonds of 2 – Synchronize Attachments.
 4. Create Appreciation.
 5. Form Family Bonds – Bonds for 3.
 6. Identify Heart Values from Suffering – The 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 – Share JOY!

1. **SHARE JOY** → Joy means someone is glad to be with me. HELLO! *"We are so glad you are here! WELCOME!"* We can start JOY today wherever we are. Jesus was JOY to the world (John 15:11-15).
2. **JOY BENEFITS** → Joy is relational. Joy is contagious. Joy is transforming. Joy starts with a smile. Joy helps our brain grow better than any health food. Joy reduces stress. Joy has more social impact than looking sexy. Joy improves our immune system more than exercise. Joy protects marriages. Joy raises brighter, more resilient children. Joy improves resiliency after disasters. Joy spreads to transform lives.
3. For JOY to transform our lives and and our communities, the following 3 conditions must be in place.
 1. **BOTH** → The weak and strong are together and interacting.
 2. **GRACE** → Tender responses to weakness are the rule.
 3. **PRESENCE OF GOD** → The interactive presence of God (Immanuel) maintains shalom.

ACTION: Journal This

1. Greet 3 people you do not usually greet.
2. Smile as you introduce yourself.
3. Send a clear WELCOME to those you greet with your eyes.

NOTE: JOY means someone is glad to be with me. The signature of real JOY is the sparkle in someone's eye when they see us that makes their face light up. Joy is so special that God offers JOY as His reward rather than candy, jewelry, good looks, popularity, whiter smiles or faster internet access. God promises JOY more often than He promises eternal life! John 17:13.

Look at how our brain develops ... Joyful interactions with our mothers, fathers, those who feed us and other primary caregivers shape the structure, chemistry and function of the brain. Joy is our most powerful Desire, and we are designed to seek joyful interactions automatically from birth. If we cannot find joy we may try to bury our desire, but we can never escape joy's power. God built us this way.