



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.

Create Appreciation & Create Family Bonds
TRANSFORMATION OF OUR CHARACTER

ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

1. **MESSAGE OF WARNING** → Isaiah preached that God was about to abandon Judah if they did not repent. They had separated themselves from God by the sins of greed, foreign alliances and idolatry (2:6-9). God called them a fruitless vine. God had tried patience, then punishment; now they must be destroyed by foreign kings.
2. **"I SAW THE LORD!"** → Isaiah received his commission the year King Uzziah died. The secret of Isaiah's power lay in his vision in the Temple (Isaiah 6:1-10).
 1. **Conviction** → Isaiah's cry when he realized his sin before a Holy God (6:5).
 2. **Confession** → See's his story and acknowledges his failure – "I'm a man of unclean lips." (6:5).
 3. **Cleansing** → A flying seraph (an angel) cleansed his lips with a hot coal from off the altar (6:7).
 4. **Consecration** → "Here am I. Send me!" (6:8).
 5. **Commission** → Go, God's command (6:9,10).

RESTORED: THE PIECES OF THE TRANSFORMATION 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.

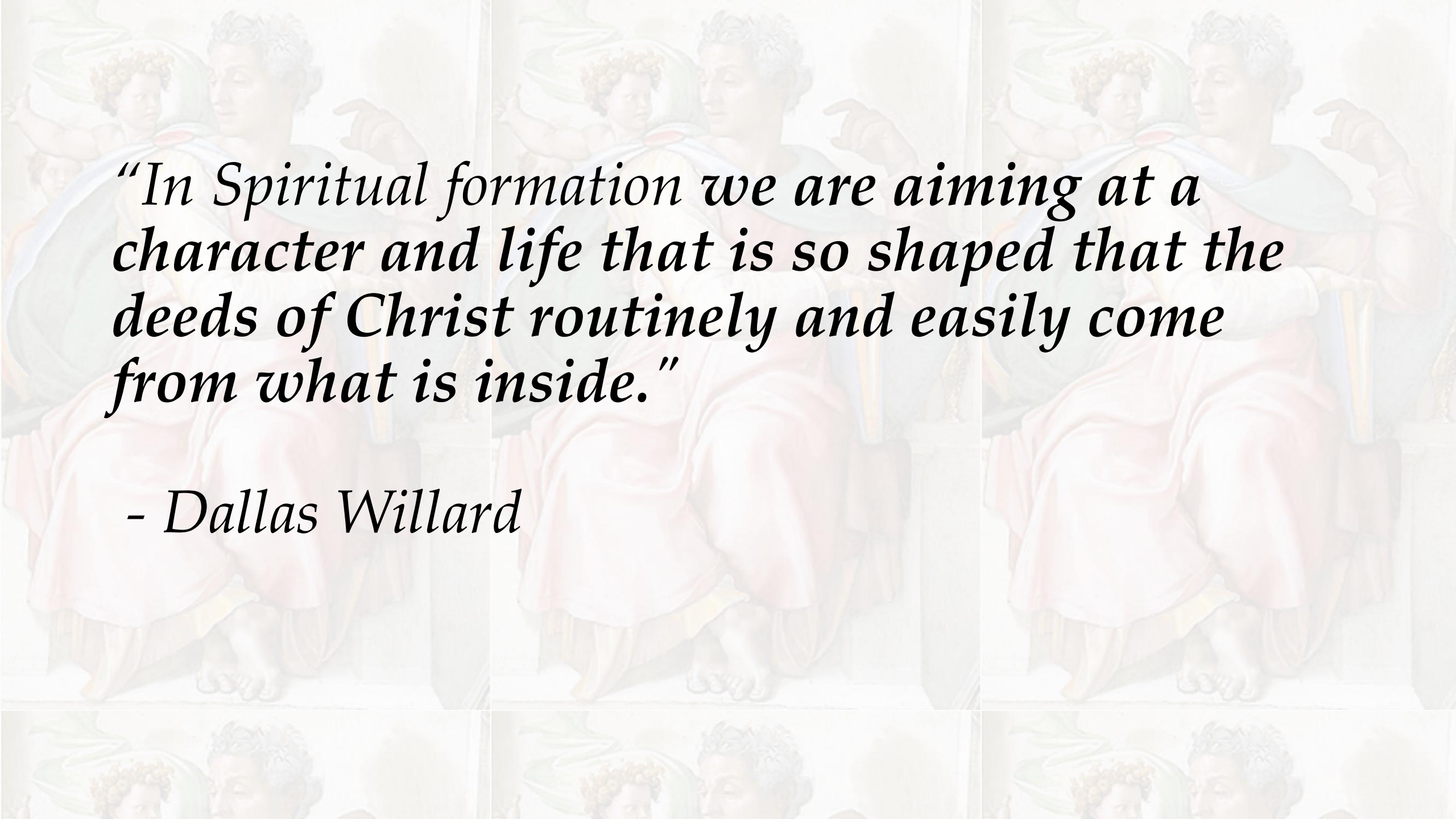
RESTORED: THE PIECES OF THE TRANSFORMATION PUZZLE

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 TRANSFORMATION PUZZLE

1. **CREATE APPRECIATION** → High levels of the emotional state of appreciation closely match the healthy balanced state of the brain and nervous system. Creating a strong feeling of appreciation in yourself or others relieves unpleasant states and stress. Appreciation is very similar to the let down reflex that produces milk flow when nursing and the warm contented feeling that follows for mother and child.
2. **CREATE FAMILY BONDS** → Form bonds of 3! Family bonds allow us to feel joy when people we love have a good relationship with each other. We experience what they feel and understand how they see our relationships through our three-way bonds. Joy bonds between two adults form a couple style bond so community joy building requires bonds for three or more.



ACTION: Journal This

1. What is challenging your Joy & Peace today?
2. What are you appreciating this morning?
3. Who is your REAL FAMILY – your true TEAM members?