



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 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*

Highland Colony Men’s Roundtable  
[www.MensTable.com](http://www.MensTable.com)

**Identify Maturity Level & Knowing How to Rest**

A Man understands that our brains are wired to relate to God based on a joyful, mutual connection with Jesus which will lead to emotional, relational, and spiritual maturity.

**March 24, 2022**

<p><b>Bible Verses:</b> Isaiah 9:1-7; Isaiah 6:9,10; Isaiah 55:1-3; Romans 15:3-6  <b>Music:</b> Big Daddy Weave - All Things New  <a href="https://www.youtube.com/watch?v=9IEWT2Oy1w">https://www.youtube.com/watch?v=9IEWT2Oy1w</a>  <b>Video:</b> Overview: Isaiah 1-39  <a href="https://www.youtube.com/watch?v=d0A6Uchb1F8">https://www.youtube.com/watch?v=d0A6Uchb1F8</a></p>	<p><b>Resources:</b> Renovated – God, Dallas Willard &amp; the Church That Transforms by Jim Wilder  <b>Video:</b> 19 SKILLS  <a href="http://thrivetraining.org/Articles/19thriveskills.pdf">http://thrivetraining.org/Articles/19thriveskills.pdf</a>            Overview: Isaiah 40-66  <a href="https://www.youtube.com/watch?v=TzdEPuqgQg">https://www.youtube.com/watch?v=TzdEPuqgQg</a>            Get Busy Living or Get Busy Dying - The Shawshank Redemption  <a href="https://www.youtube.com/watch?v=46GwJbrMghQ">https://www.youtube.com/watch?v=46GwJbrMghQ</a></p>
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**ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT**

- \_\_\_\_\_ → The external threat of Isaiah’s day was the militant Assyrian Empire rising to power in the east. The question forced upon Judah by this threat was one of trust: in what will God’s people trust for salvation—in human strategies of self-rescue, or in the promises of God’s grace? See Isaiah 9:1-7.
- \_\_\_\_\_ → Isaiah’s message makes an impact on every reader in one of two ways. Either this book will harden the reader’s pride against God (Isa. 6:9–10) or it will become to the contrite reader a feast of refreshment in God (Isa. 55:1–3). As with the rest of the OT, these things were written “that through endurance and through the encouragement of the Scriptures we might have hope” (Rom. 15:4).

**RESTORED: THE PIECES OF THE TRANSFORMAITON PUZZLE**

- Intimate Walk with God** → Developing and fostering an intimate, interactive walk with God.
- 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*
- Brain Skills** → Learning relational-brain skills with other people. There are 19 skills defined.

<ol style="list-style-type: none"> <li>Share Joy.</li> <li>Soothe Myself – Simple Quiet.</li> <li>Form Bonds of 2 – Synchronize Attachments.</li> <li>Create Appreciation.</li> <li>Form Family Bonds – Bonds for 3.</li> <li>Identify Heart Values from Suffering – The Main Pain and Characteristics of Hearts.</li> <li>Tell Synchronized Stories – 4+ Storytelling.</li> <li>Identify Maturity Levels.</li> <li>Take a Breather – Timing When to Disengage.</li> <li>Tell Nonverbal Skills.</li> </ol>	<ol style="list-style-type: none"> <li>Return to Joy from the Big 6 Feelings.</li> <li>Act Like Myself in the Big 6 Feelings.</li> <li>See What God Sees – Heartsight.</li> <li>Stop the Sark.</li> <li>Quiet Interactively</li> <li>Recognize High &amp; Low Energy Response Styles – Sympathetic and Parasympathetic.</li> <li>Identify Attachment Styles.</li> <li>Intervene Where the Brain is Stuck – 5 Distinctive Levels of Brain Disharmony and Pain.</li> <li>Recover from Complex Emotions – Handle Combinations of the Big 6 Emotions.</li> </ol>
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**RESTORED: THE PIECES OF THE TRANSFORMAITON PUZZLE**

- \_\_\_\_\_ → Are you developing in your faith walk? Are you becoming the man that God intended you to be? Knowing our general (baseline) maturity level tells us what the next developmental tasks will be. Awareness to how we are triggered into reactivity and when our emotional capacity has been drained is critical to developing maturity. We need to know where we are, what we missed and where we are going. Without a map, we keep falling in the same holes. Emotional growth is required. We all have holes in where we are in our emotional maturity.

**Six Basic Steps Toward Maturity by David ‘Gunner’ Gundersen, pastor at BridgePoint Church in Houston:**

- Wake UP → **Desire:** The first step toward maturity is wanting it.
  - Sign UP → **Commitment:** Without a concrete set of roles and intentional effort, there will be no progress.
  - Show UP → **Faithfulness:** start by making wise commitments, and then follow through.
  - Shut UP → **Humility:** Maturity knows how to shut up and learn in sincere humility.
  - Step UP → **Courage:** Initiate! Become a leader by taking responsibility for others.
  - Get UP → **Resilience:** If you want to grow, you’ll have to face the challenges that growth entails.
- \_\_\_\_\_ → Timing When To Disengage: Skillfully take short pauses before people become overwhelmed. We read the non-verbal cues so we can build trust. Being able to sustain closeness and trust in our relationships requires us to stop and rest before we become overwhelmed. We need to pause, be quiet, and recharge. We need to be able to read nonverbal cues and let others rest. In such rest, we are building trust and love.

**ACTION: Journal This**

1. What indicators can you point to that demonstrates that you are growing, maturing in your faith?
2. How have you changed since coming to Faith in Jesus?
3. How would others evaluate your empathy, humility, and self-control?

**“All Things New” by Big Daddy Weave**

<p>I've heard You can take what's broken And make it whole again Well, here's the pieces of my heart What can You do with them? 'Cause I can't hold them all together anymore So I let them fall surrendered to the floor You make all things new You make all things new God of mercy and love Do what only You can do And make all things new Only You can bring such beauty From the depths of all my pain</p>	<p>Only You can take this shattered heart And make it beat again Oh, You hold us all together in Your hands I surrender all I have and all I am You make all things new You make all things new God of mercy and love Do what only You can do And make all things new From the ashes, from the dust I will rise up, rise up</p>	<p>Out of darkness into the light I will rise up, rise up From the ashes, from the dust I will rise up, rise up Out of darkness into the light I will rise up, rise up You make all things new You make all things new God of mercy and love Do what only You can do And make all things All things You make all things new</p>
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**Bible Verses – The Message**

<p><b>Isaiah 9:1-7 – 1</b> But there'll be no darkness for those who were in trouble. Earlier he did bring the lands of Zebulun and Naphtali into disrepute, but the time is coming when he'll make that whole area glorious - the road along the Sea, the country past the Jordan, international Galilee. <b>2</b> The people who walked in darkness have seen a great light. For those who lived in a land of deep shadows - light! sunbursts of light! <b>3</b> You repopulated the nation, you expanded its joy. Oh, they're so glad in your presence! Festival joy! The joy of a great celebration, sharing rich gifts and warm greetings. <b>4</b> The abuse of oppressors and cruelty of tyrants - all their whips and cudgels and curses - is gone, done away with, a deliverance as surprising and sudden as Gideon's old victory over Midian. <b>5</b> The boots of all those invading troops, along with their shirts soaked with innocent blood, will be piled in a heap and burned, a fire that will burn for days! <b>6</b> For a child has been born - for us! the gift of a son - for us! He'll take over the running of the world. His names will be: Amazing Counselor, Strong God, Eternal Father, Prince of Wholeness. <b>7</b> His ruling authority will grow, and there'll be no limits to the wholeness he brings. He'll rule from the historic David throne over that promised kingdom. He'll put that kingdom on a firm footing and keep it going With fair dealing and right living, beginning now and lasting always. The zeal of God-of-the-Angel-Armies will do all this. God Answered Fire with Fire</p> <p><b>Isaiah 6:9,10 – 9</b> He said, "Go and tell this people: "Listen hard, but you aren't going to get it; look hard, but you won't catch on.' <b>10</b> Make these people blockheads, with fingers in their ears and blindfolds on their eyes, So they won't see a thing, won't hear a word, So they won't have a clue about what's going on and, yes, so they won't turn around and be made whole."</p>	<p><b>Isaiah 55:1-3 – 1</b> "Hey there! All who are thirsty, come to the water! Are you penniless? Come anyway - buy and eat! Come, buy your drinks, buy wine and milk. Buy without money - everything's free! <b>2</b> Why do you spend your money on junk food, your hard-earned cash on cotton candy? Listen to me, listen well: Eat only the best, fill yourself with only the finest. <b>3</b> Pay attention, come close now, listen carefully to my life-giving, life-nourishing words. I'm making a lasting covenant commitment with you, the same that I made with David: sure, solid, enduring love.</p> <p><b>Romans 15:3-6 - 3</b> That's exactly what Jesus did. He didn't make it easy for himself by avoiding people's troubles, but waded right in and helped out. "I took on the troubles of the troubled," is the way Scripture puts it. <b>4</b> Even if it was written in Scripture long ago, you can be sure it's written for us. God wants the combination of his steady, constant calling and warm, personal counsel in Scripture to come to characterize us, keeping us alert for whatever he will do next. <b>5</b> May our dependably steady and warmly personal God develop maturity in you so that you get along with each other as well as Jesus gets along with us all. <b>6</b> Then we'll be a choir - not our voices only, but our very lives singing in harmony in a stunning anthem to the God and Father of our Master Jesus!</p>
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