



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.

Identify Maturity Level & Knowing How to Rest
TRANSFORMATION OF OUR CHARACTER

ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

1. **IN WHAT WILL YOU TRUST?** → 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.
2. **HOPE** → 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 TRANSFORMATION PUZZLE

1. Intimate Walk with God → Developing and fostering an intimate, interactive walk with God.
2. 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

3. 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

3. 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

1. **IDENTIFY MATURITY LEVEL** → 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.

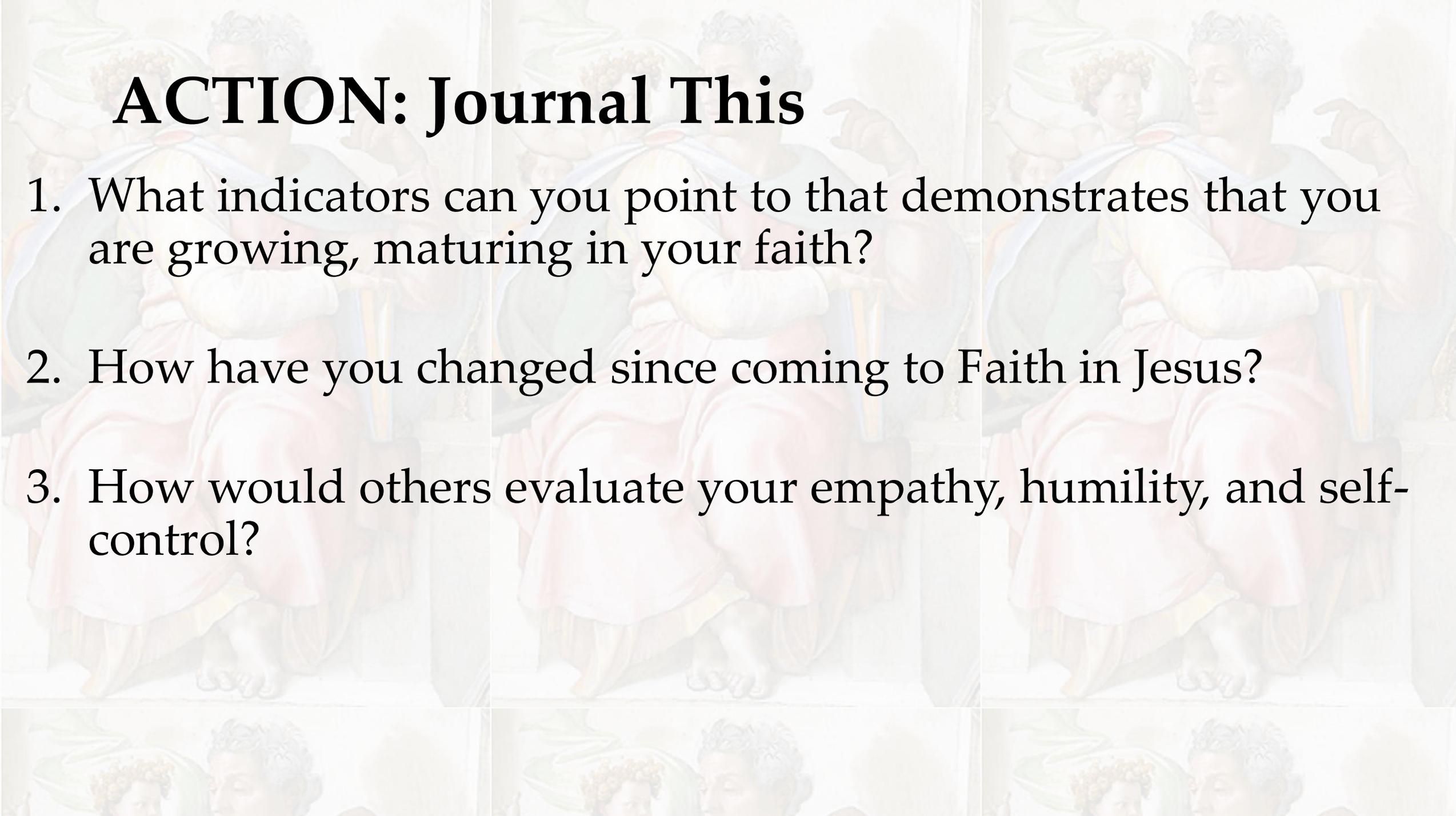
Six Basic Steps Toward Maturity by David 'Gunner' Gundersen, pastor at BridgePoint Church in Houston:

1. Wake UP → **Desire**: The first step toward maturity is wanting it.
2. Sign UP → **Commitment**: Without a concrete set of roles and intentional effort, there will be no progress.
3. Show UP → **Faithfulness**: start by making wise commitments, and then follow through.
4. Shut UP → **Humility**: Maturity knows how to shut up and learn in sincere humility.
5. Step UP → **Courage**: Initiate! Become a leader by taking responsibility for others.
6. Get UP → **Resilience**: If you want to grow, you'll have to face the challenges that growth entails.

RESTORED:

THE PIECES OF THE TRANSFORMATION PUZZLE

2. KNOWING HOW TO REST → 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?