



# 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.

**Treasure in Suffering & Telling Stories That Bring Healing**  
**TRANSFORMATION OF OUR CHARACTER**

# ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

1. **DOOM FOR IDOLATRY** → King Ahaz was utterly bad. He was an open idolater. For this sin God allowed Rezin, king of Syria, and Pekah, king of Israel, to invade Judah. Isaiah had been silent under Jotham but this invasion brings him to the front in his ministry (Isaiah 7:3).
2. **A SIGN OF HOPE** → God sent the prophet to encourage Ahaz. Isaiah saw an end to all of Judah's troubles through the birth of the Christ child who shall rule over the kingdom of David in righteousness forever and forever. He gave Ahaz a "sign" that Judah was not to perish—the prophecy of Immanuel, the virgin's Son, Jesus Christ (Isaiah 7:14). Ahaz refused the evidence upon which his faith might have been established. He pursued his own plans with Assyria, and that nation on which they now leaned was to become the means of their punishment (Isaiah 7:17-20). God's sentence of doom upon King Ahaz and the land is doom (Isaiah 8:6-22).

# 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

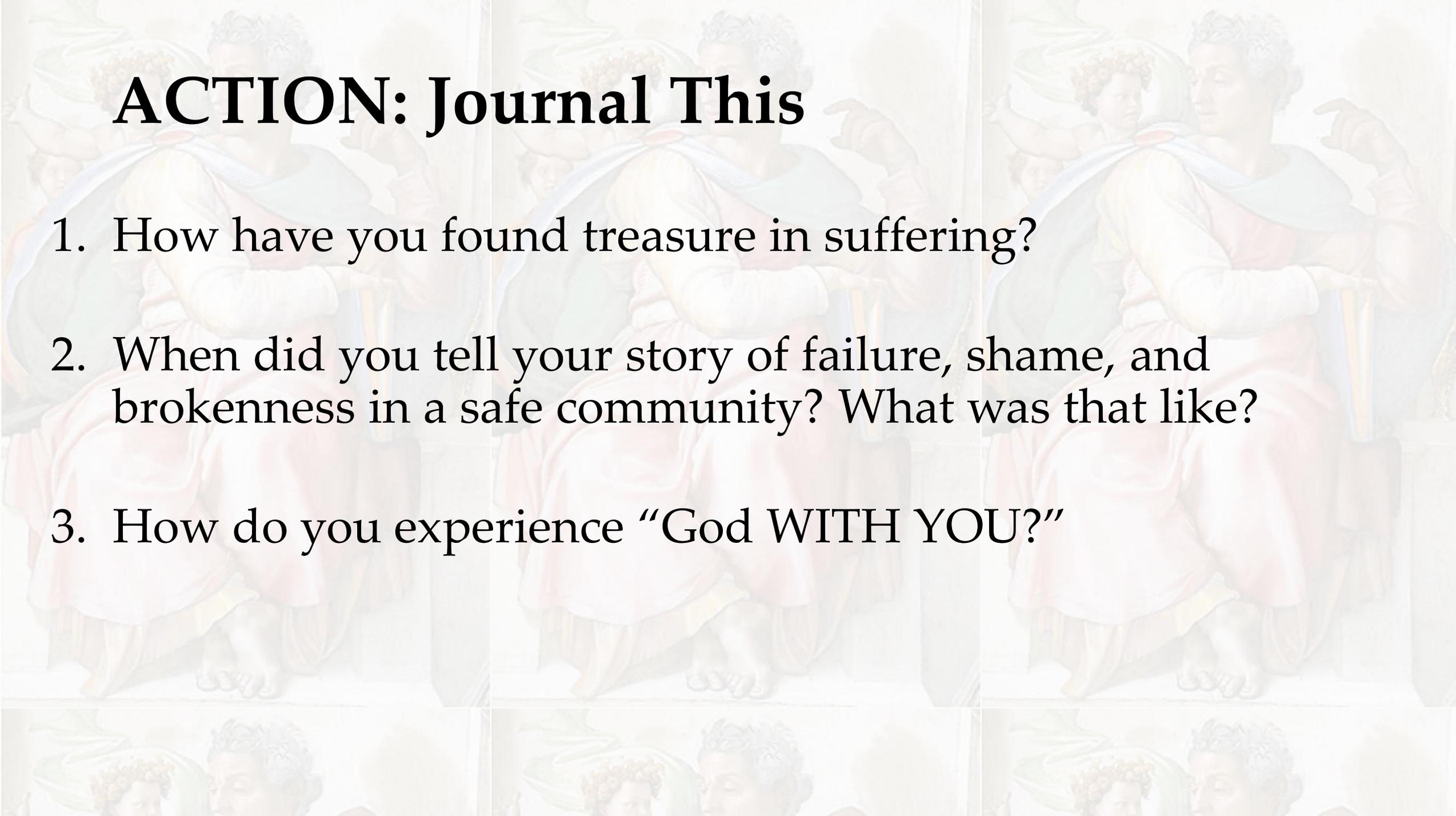
2. Intimate Walk with God → Developing and fostering an intimate, interactive walk with God.

3. Community → Being a part of a multi-generational community. Not in age but in the level of maturity.

# RESTORED:

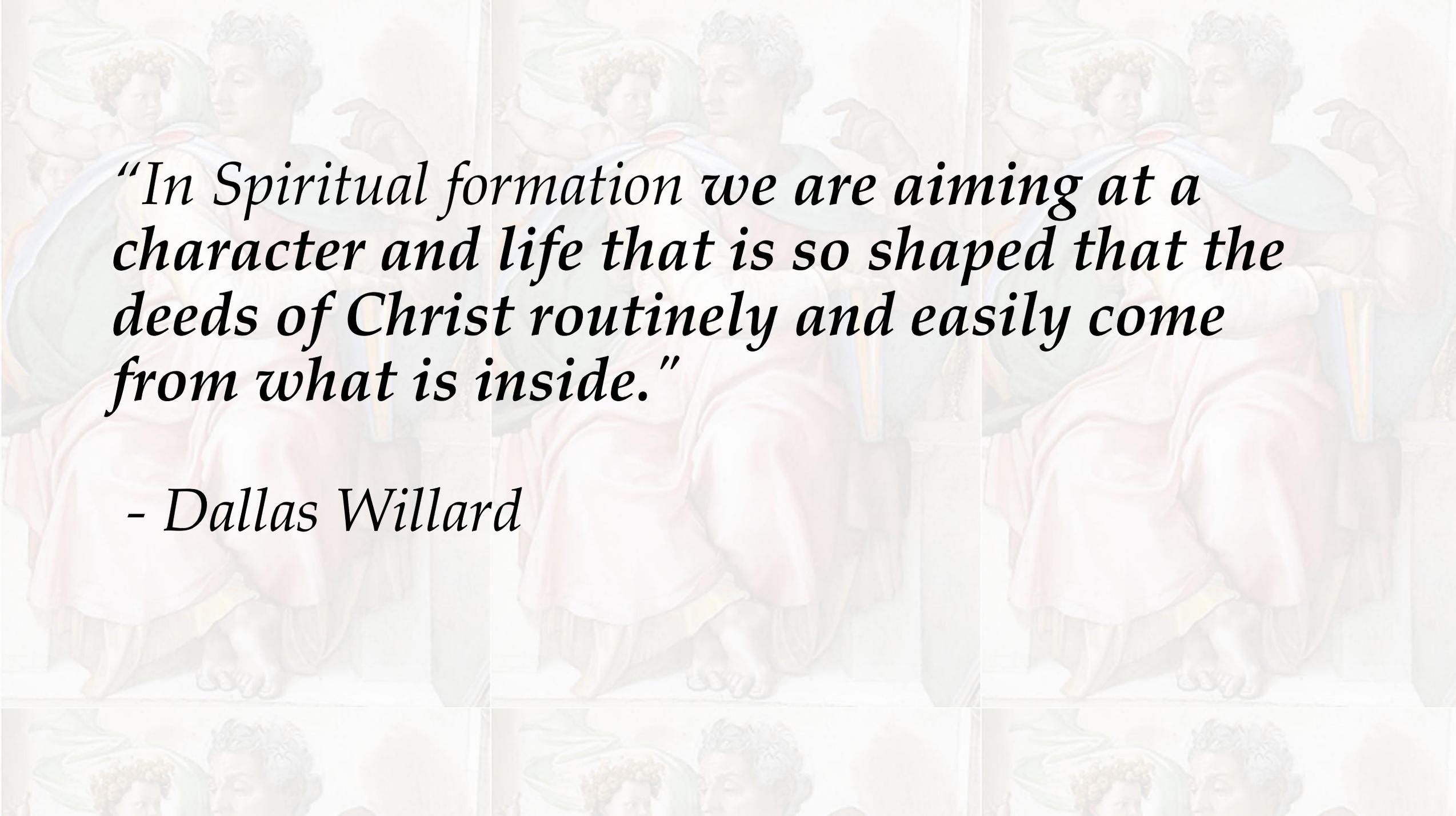
## THE PIECES OF THE TRANSFORMATION PUZZLE

1. TREASURE IN SUFFERING → Every man has issues that particularly hurt or bother him and always have been the way he is likely to get hurt. Looking at these lifelong issues helps identify the core values for each person's unique identity. We hurt more the more deeply we care. Because of how much pain our deepest values have caused, most people see these characteristics as liabilities not treasures.
2. TELLING STORIES IN A SAFE PLACE → When our brain is well trained, our capacity is high and we are not triggered by the past, our whole brain works together. A simple test as well as a means to train the brain is telling stories in a way that requires all the brain to work together. When emotional and spiritual blockage is resolved our whole brain works. By telling stories in safe community we train our brains to handle specific aspects of life and relationships.



# **ACTION: Journal This**

1. How have you found treasure in suffering?
2. When did you tell your story of failure, shame, and brokenness in a safe community? What was that like?
3. How do you experience “God WITH YOU?”



*“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*