



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

FACING UNPLEASANT EXPERIENCES – TRANSFORMATION OF OUR CHARACTER

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.

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<p>Bible Verses: Isaiah 11:1-16 Music: “God the Great One!” (Prayer for Ukraine) https://www.youtube.com/watch?v=h62PJVHhgQQ До Тебе https://www.youtube.com/watch?v=71KyeZFKV6g Video: Overview: Isaiah 1-39 https://www.youtube.com/watch?v=d0A6Uchb1F8</p>	<p>Resources: Renovated – God, Dallas Willard & the Church That Transforms by Jim Wilder Video: 19 SKILLS http://thrivetraining.org/Articles/19thriveskills.pdf Overview: Isaiah 40-66 https://www.youtube.com/watch?v=TzdEPuqgQg The secrets to decoding facial expressions https://www.youtube.com/watch?v=B0ouAnmsO1Y</p>
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ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

- PICTURE OF THE FUTURE KINGDOM OF CHRIST** → Ahaz was the King at this time in Judah. He was an open idolater. Isaiah comes to Ahaz and God offers encouragement of future hope. Ahaz refuses the evidence upon which his faith might have been established. Some day the King is coming to Jerusalem to sit upon the throne of David and peace shall cover the earth “as the waters cover the sea” (Isaiah 11:9).
 - The King Himself (11:1).
 - His anointing (11:2).
 - His righteous reign (11:3-5).
 - His glorious Kingdom (11:6-9).
 - His gathering together of His people from the four corners of the earth (11:10-16).
 - His kingdom worship (12:1-6).
- DESTRUCTION OF THE ENEMY** → Babylon is doomed (Isaiah 13). She was to carry Judah away captive, but the prophet sees her destruction. God is keeping His promise to Abraham (Genesis 12:3). Today, there is nothing, only desolation.

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

- CONGRUENT BODY LANGUAGE** → This is the skill in which we learn to live in our body and connect to our face and voice.
- 6 UNPLEASANT EMOTIONS** → We need to learn the skill of returning to joy from the unpleasant emotions, often referred to as The Big Six Emotions: Fear, anger, sadness, disgust, shame and hopeless despair. The brain is wired to feel six unpleasant emotions and they are each signals of something specific going wrong. We need to learn how to quiet each of these different circuits separately while maintaining our relationships. Learning to recognize, acknowledge, and work through emotions is critical to becoming mature.
- STAY IN RELATIONSHIP** → Our emotional experiences are rooted in five core emotions: joy, fear, anger, disgust and sadness. Our ability to combine and mix emotions and then feel them in a variety of intensities increases our emotional experience exponentially. And it is here where we experience the complexities in communicating to others how we feel. We return to shared joy as we quiet distress. We stay in relationship when things go wrong.

ACTION: Journal This

1. What do you feel when you are under stress and facing hardship?
2. How do you face Fear, Anger, Sadness, Disgust, Shame, and Hopeless Despair?
3. What Relationship did you count on to carry you through your greatest hardship? NOW?

“TO YOU” by Andriy Hryfel

I run to You Lord, I run to Your Lord. The warmth of Your hands restores faith in my every step Your grace gives me the strength to go You are my wisdom, in You I can go through everything.	I have longed for you all my life I look forward to meeting You in heaven To Thee my love, To Thee my paths, I obey you again to keep my faith. I long for you as a baby longs for mother,	As the dry land longs for the rain, I long for You. I look at you when I am exhausted in the struggle, I pray to You, because I believe my victory is in You, I stand on the Word, this world will not overcome Your love I love you, I live for you, you are my God
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Bible Verses – The Message

Isaiah 11:1-16 – 1 A shoot will come up from the stump of Jesse; from his roots a Branch will bear fruit. 2 The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD— 3 and he will delight in the fear of the LORD. He will not judge by what he sees with his eyes, or decide by what he hears with his ears; 4 but with righteousness he will judge the needy, with justice he will give decisions for the poor of the earth. He will strike the earth with the rod of his mouth; with the breath of his lips he will slay the wicked. 5 Righteousness will be his belt and faithfulness the sash around his waist. 6 The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them. 7 The cow will feed with the bear, their young will lie down together, and the lion will eat straw like the ox. 8 The infant will play near the cobra’s den, and the young child will put its hand into the viper’s nest. 9 They will neither harm nor destroy on all my holy mountain, for the earth will be filled with the knowledge of the LORD as the waters cover the sea. 10 In that	day the Root of Jesse will stand as a banner for the peoples; the nations will rally to him, and his resting place will be glorious. 11 In that day the Lord will reach out his hand a second time to reclaim the surviving remnant of his people from Assyria, from Lower Egypt, from Upper Egypt, from Cush, from Elam, from Babylonia, from Hamath and from the islands of the Mediterranean. 12 He will raise a banner for the nations and gather the exiles of Israel; he will assemble the scattered people of Judah from the four quarters of the earth. 13 Ephraim’s jealousy will vanish, and Judah’s enemies will be destroyed; Ephraim will not be jealous of Judah, nor Judah hostile toward Ephraim. 14 They will swoop down on the slopes of Philistia to the west; together they will plunder the people to the east. They will subdue Edom and Moab, and the Ammonites will be subject to them. 15 The LORD will dry up the gulf of the Egyptian sea; with a scorching wind he will sweep his hand over the Euphrates River. He will break it up into seven streams so that anyone can cross over in sandals. 16 There will be a highway for the remnant of his people that is left from Assyria, as there was for Israel when they came up from Egypt.
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