



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

STOP JUDGMENT & RESTORE GRACE – 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.

April 21, 2022

<p>Bible Verses: Isaiah 40:1-11; Isaiah 40:18-24; Isaiah 40:27-31 Music: Matthew West - Grace Upon Grace https://www.youtube.com/watch?v=garKMhixrgE Video: Overview: Isaiah 1-39 https://www.youtube.com/watch?v=d0A6Uchb1F8 The Shack (2017) - Understanding Forgiveness https://www.youtube.com/watch?v=gjuizikJ2bk</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</p>
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ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

- _____ → The exiles of Israel and Judah found it difficult to believe that God would keep His promise, that the Lord would rescue them, for He had NOT prevented Assyria and Babylon from capturing their forefathers.
- _____ → The people had two main questions for the Lord: Was He willing to save? And was He able to save? See Isaiah 40:1-11.
- _____ → We need not doubt God’s power to redeem or believe that He grows weary. Instead, we are to believe His word, trust His power, and wait on Him to save. See Isaiah 40:27-31. God offers His promise to restore and renovate in Christ Jesus and will bring the full benefits of His redemption in the new heaven and earth (Revelation 21). Until then, we wait and walk in faith.

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

- _____ → Stop the SARK! The Greek work Sark (also rendered sarx) refers to seeing life from our personal view of who people are and how things should be. This conviction that I know or can determine the right thing to do or be is the opposite of heartsight in skill 13. For the sark, people become what they have done (the sum of their mistakes) or what we want them to become for us. Blame, accusations, condemnation, gossip, resentment, legalism, self-justification, and self-righteousness are signs of the sark. Judgmental-ness sends people to HELL emotionally and relationally.
- _____ → Quiet Interactively – learn to read non-verbal cues. Facial cues, particularly of fear, help us to know when we are pushing others too hard. Sometimes we need and want to maintain a high-energy state without “going over the top,” like knowing when to stop tickling so it stays fun. Fast recognition and response to facial cues means optimum interactions and energy.

ACTION: Journal This

- When have you felt judged? When have you been judgmental?
- When have you missed the cues of how a person you loved was trying to communicate fear or distress?
- What relationship has been damaged by your immaturity?

"Grace Upon Grace" by Matthew West

<p>What reason do I have to wake up with the rising sun And not be held down by the weight of all the things I've done? What reason do I have to feel this hope instead of hurt? How can it be I don't receive the judgement I deserve? Wave upon wave, of grace upon grace Endlessly washing my sins away I know the only reason I can stand here free of all my shame Is wave upon wave, of grace upon grace upon grace How can You see me at my worst and still say I am loved? What promise can I stand on when I don't feel good enough? When the enemy's reminding me of all that I've done wrong What freedom do I have to sing this new creation song? Wave upon wave, of grace upon grace Endlessly washing my sins away</p>	<p>I know the only reason I can stand here free of all my shame Is wave upon wave, of grace upon grace upon grace Singing What can wash away my sin and make me new again? Nothing but the blood of Jesus What can make me white as snow? No other fount I know Nothing but the blood of Jesus Wave upon wave, of grace upon grace Endlessly washing my sins away I know the only reason I can stand here free of all my shame Is wave upon wave, of grace upon grace Wave upon wave, of grace upon grace upon grace What can wash away my sin and make me new again? Nothing but the blood of Jesus</p>
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Bible Verses – The Message

<p>Isaiah 40:1-11 - 1 "Comfort, oh comfort my people," says your God.2 "Speak softly and tenderly to Jerusalem, but also make it very clear That she has served her sentence, that her sin is taken care of - forgiven! She's been punished enough and more than enough, and now it's over and done with."3 Thunder in the desert! "Prepare for God's arrival! Make the road straight and smooth, a highway fit for our God.4 Fill in the valleys, level off the hills, Smooth out the ruts, clear out the rocks.5 Then God's bright glory will shine and everyone will see it. Yes. Just as God has said."6 A voice says, "Shout!" I said, "What shall I shout?" "These people are nothing but grass, their love fragile as wildflowers.7 The grass withers, the wildflowers fade, if God so much as puffs on them. Aren't these people just so much grass?8 True, the grass withers and the wildflowers fade, but our God's Word stands firm and forever."9 Climb a high mountain, Zion. You're the preacher of good news. Raise your voice. Make it good and loud, Jerusalem. You're the preacher of good news. Speak loud and clear. Don't be timid! Tell the cities of Judah, "Look! Your God!"10 Look at him! God, the Master, comes in power, ready to go into action. He is going to pay back his enemies and reward those who have loved him.11 Like a shepherd, he will care for his flock, gathering the lambs in his arms, Hugging them as he carries them, leading the nursing ewes to good pasture. The Creator of All You Can See or Imagine</p>	<p>Isaiah 40:18-24 - 18 So who even comes close to being like God? To whom or what can you compare him?19 Some no-god idol? Ridiculous! It's made in a workshop, cast in bronze, Given a thin veneer of gold, and draped with silver filigree.20 Or, perhaps someone will select a fine wood - olive wood, say - that won't rot, Then hire a woodcarver to make a no-god, giving special care to its base so it won't tip over!21 Have you not been paying attention? Have you not been listening? Haven't you heard these stories all your life? Don't you understand the foundation of all things?22 God sits high above the round ball of earth. The people look like mere ants. He stretches out the skies like a canvas - yes, like a tent canvas to live under.23 He ignores what all the princes say and do. The rulers of the earth count for nothing.24 Princes and rulers don't amount to much. Like seeds barely rooted, just sprouted, They shrivel when God blows on them. Like flecks of chaff, they're gone with the wind.</p> <p>Isaiah 40:27-31 - 27 Why would you ever complain, O Jacob, or, whine, Israel, saying, "God has lost track of me. He doesn't care what happens to me"?28 Don't you know anything? Haven't you been listening? God doesn't come and go. God lasts. He's Creator of all you can see or imagine. He doesn't get tired out, doesn't pause to catch his breath. And he knows everything, inside and out.29 He energizes those who get tired, gives fresh strength to dropouts.30 For even young people tire and drop out, young folk in their prime stumble and fall.31 But those who wait upon God get fresh strength. They spread their wings and soar like eagles, They run and don't get tired, they walk and don't lag behind.</p>
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