



# 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.

**Facing Unpleasant Experiences**  
**TRANSFORMATION OF OUR CHARACTER**

# ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

1. **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).

1. The King Himself (11:1).
2. His anointing (11:2).
3. His righteous reign (11:3-5).
4. His glorious Kingdom (11:6-9).
5. His gathering together of His people from the four corners of the earth (11:10-16).
6. His kingdom worship (12:1-6).

2. **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 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 TRANSFORMATION 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.

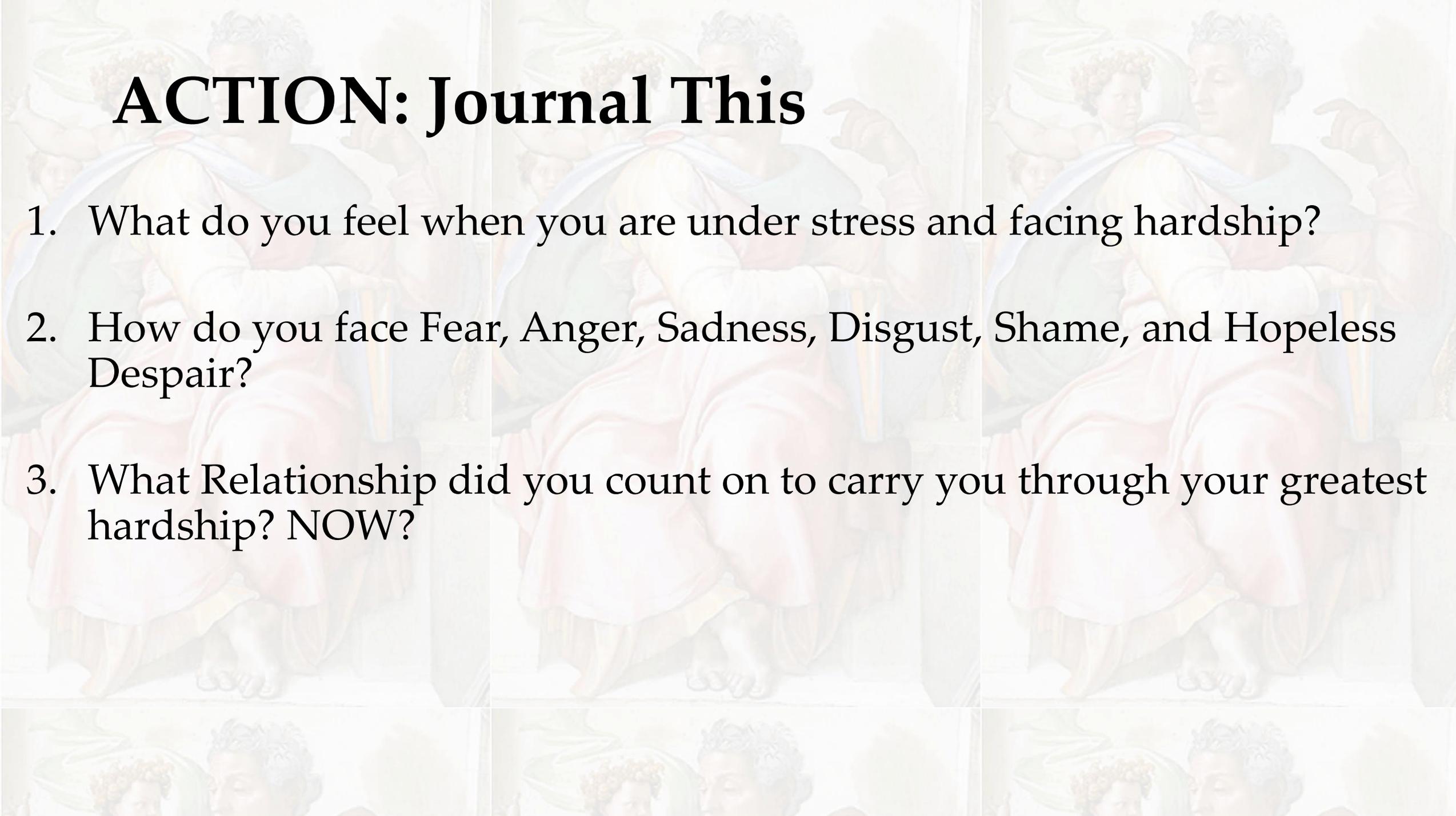
# RESTORED: THE PIECES OF THE TRANSFORMATION PUZZLE

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:

## PIECES OF THE TRANSFORMATION PUZZLE

1. **CONGRUENT BODY LANGUAGE** → This is the skill in which we learn to live in our body and connect to our face and voice.
2. **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.
3. **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?