



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

**BE AWARE OF ENERGY IN RELATIONSHIPS & ATTACHMENT STYLES
 TRANSFORMATION OF OUR CHARACTER**

May 05, 2022

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.

<p>Bible Verses: Isaiah 58:1-14; Galatians 3:9-14 Music: Chris Tomlin - Nobody Loves Me Like You https://www.youtube.com/watch?v=SG_IXFEO8yE 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 Click (2006) - Last Time with Dad Scene https://www.youtube.com/watch?v=pDj1GM3RRWs</p>
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ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT – Isaiah 58

- _____ → The people of Israel, both the northern kingdom of Israel and the southern kingdom of Judah, went into exile because of their failure to trust and obey God (II Kings 17:7-41; II Chron. 36:15,16; Isaiah 1-5; 39). Restoration, therefore, could happen in only one way—God had to provide an provision for sin that would make His people into the servants they were always supposed to be.
- _____ → The people would go through the motions—abstaining from food to show their dependence on God—but not really mean it—they would hurt others, thereby "abstaining" from obeying God’s Work (Isaiah 58:1-5). Isaiah speaks in hyperbole for maximum effect. He means that fasting and other practices of piety are worthless if we do not serve our Lord and neighbors, because a failure to love our neighbors proves our faith is false (James 2:14-16; I John 4:20).
- _____ → Our good works do not get us into the kingdom of God, but they do evidence the authenticity of our faith. We cannot rely in any way whatsoever on these works if we want to see God, but if we do not have good works, we do not have the trust in Christ alone that justifies us and therefore lays hold of eternal life. We must distinguish faith and good works, but we must not separate them. Faith always and necessarily gives birth to good works of gratitude.

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: PIECES OF THE TRANSFORMATION PUZZLE

- _____ → Many characteristic responses to emotions and relationships are strongly shaped by our tendency toward high or low energy reactions. Recognizing who tends to respond with high energy (adrenalin based emotions) and who would rather withdraw helps us match minds with others and bring a more helpful variety to our own response tendencies. BE AWARE: Joy, anger and fear are all energy producing emotions. Sadness, disgust, shame and hopelessness all reduce our energy levels.
- _____ → How well we synchronize our attachments early in life leave the most enduring pattern in our personality. These patterns change the way we experience reality. At one end we may give almost no importance to our feelings or relationships and at the other we may feel hurt almost constantly and think of nothing but feelings and people. We may also become afraid of the very people we need. All these factors distort our reality but feel real to us at the time. Knowing how to spot these distortions helps us compensate. REMEMBER: Secure attachments bring joy, peace, resilience and flexibility as we mature.

Insecure attachments come in three types.

1. _____ → An under-active attachment pattern leads to underestimating the importance of feelings and relationships. This group usually thinks things are fine and no big deal.
2. _____ → An overactive attachment style leads to excessive intensity and an exaggeration of feelings, hurts and needs. This group is always feeling hurt or thinking others are upset when they are not.
3. _____ → The third style is afraid to get close to the people they love and need.

ACTION: Journal This

1. Who do you truly enjoying being around? Why? Who is a “buzz kill” to be around? Why? Where do you fit?
2. What do you value in a relationship?
3. How do you need to grow in building better relationships?

“Nobody Loves Me Like You” by Chris Tomlin

<p>Morning</p> <p>I see you in the sunrise every morning It's like a picture that you've painted for me A love letter in the sky Story</p> <p>I could've had a really different story But you came down from heaven to restore me Forever saved my life Nobody loves me like you love me Jesus I stand in awe of your amazing ways I worship you as long as I am breathing God you are faithful and true Nobody loves me like you Mountains You're breaking down the weight of all my mountains</p>	<p>Even when it feels like I'm surrounded You never leave my side Nobody loves me like you love me Jesus I stand in awe of your amazing ways I worship you as long as I am breathing God you are faithful and true Nobody loves me like you Oh what a song to sing Oh what a song to sing Oh what a song to sing Oh what a song my heart keeps singing Oh what a song to sing Oh what a song to sing Oh what a song to sing</p>	<p>Jesus you love me And I love you God Nobody loves me like you love me Jesus I stand in awe of your amazing ways I worship you as long as I am breathing God I will worship you Forever worship you Nobody loves me like you love me Jesus I stand in awe of your amazing ways I worship you as long as I am breathing God you are faithful and true Nobody loves me like you Nobody loves me like you Nobody loves me like you</p>
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Bible Verses – The Message

Isaiah 58:1-14 - 1 “Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins.**2** For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them.**3** ‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers.**4**Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.**5**Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?**6** “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?**7**Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?**8** Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.**9**Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk,**10**and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your

night will become like the noonday.**11** The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.**12**Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.**13** “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words,**14** then you will find your joy in the LORD, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the LORD has spoken.

Galatians 3:9-14 - 9 So those who rely on faith are blessed along with Abraham, the man of faith.**10**For all who rely on the works of the law are under a curse, as it is written: “Cursed is everyone who does not continue to do everything written in the Book of the Law.”**11** Clearly no one who relies on the law is justified before God, because “the righteous will live by faith.”**12** The law is not based on faith; on the contrary, it says, “The person who does these things will live by them.”**13** Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a pole.”**14** He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit.

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