



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

**FACE WHERE YOU ARE STUCK
 TRANSFORMATION OF OUR CHARACTER**

May 12, 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 61:1-11 Music: Ryan Stevenson - Eye of the Storm (feat. GabeReal) https://www.youtube.com/watch?v=IYy1f6VjDHU 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 News of the World (2020) - You Belong With Me Scene https://www.youtube.com/watch?v=TdL0PuJ3t3E</p>
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ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT – Isaiah 61

- _____ → We can be grateful that Jesus came to set us free. Though our total liberation awaits Jesus’ return, through the Gospel we have already been given a most glorious freedom. By the power of the Holy Spirit, we are empowered to come more fully alive to God’s bondage-breaking grace. In our broken-heartedness, God comforts us with His nearness and compassion. We know the Day of wiped-tears and redeemed pain is coming. Until then, we ask God to keep us free from bitterness, self-medication, and isolation.
- _____ → One result of the Messiah’s work is to make His people "oaks of righteousness, the planting of the LORD." This is an image of permanence, of life in God’s presence forever. John Calvin comments, "There is no other way in which we are restored to life than when we are planted by the Lord." If we trust in Christ, we are planted in righteousness forever, and will be preserved by His hand for the sake of His eternal glory.

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

- _____ → There are 5 distinctive levels of brain disharmony and pain. By recognizing the characteristic pain at each of the brain’s five levels we can pinpoint the trouble and find a solution if someone gets stuck. The type of pain gives us a good idea of the kind of solution we will need when someone is not “keeping it together,” is “falling apart,” or is “stuck.”
- 5 Levels of Brain Pain → There are five levels in the brain—four in the right hemisphere control center and add the left hemisphere as the fifth. By knowing the characteristics of each we know when one level got stuck and what kind of interventions will help.
 - Confused** → Level 5 pain is when I feel confused. More information brings relief.
 - Inadequate** → Level 4 pain is when I feel inadequate. An example brings relief.
 - Emotionally Maxed Out** → Level 3 pain is when I feel emotionally maxed out. Attunement (Validation and Comfort) with return to joy brings relief.
 - Disconnected** → Level 2 pain is when I feel disconnected. Quieting brings relief.
 - Alone** → Level 1 pain is when I feel alone. The one I love brings relief.

ACTION: Journal This

1. Where/How do you feel stuck?
2. When you are stuck, what/who is helpful?
3. Who do you know is stuck—needs help? Could you be the helper?

“Eye Of The Storm” by Ryan Stevenson (Feat GabeReal)

<p>In the eye of the storm, You remain in control And in the middle of the war, You guard my soul You alone are the anchor, when my sails are torn Your love surrounds me in the eye of the storm When the solid ground is falling out from underneath my feet Between the black skies, and my red eyes, I can barely see When I realize I've been sold out by my friends and my family I can feel the rain reminding me In the eye of the storm, You remain in control In the middle of the war, You guard my soul You alone are the anchor, when my sails are torn Your love surrounds me in the eye of the storm Mmm, when my hopes and dreams are far from me, and I'm runnin' out of faith I see the future I picture slowly fade away And when the tears of pain and heartache are pouring down my face I find my peace in Jesus' name In the eye of the storm (yeah, yeah) You remain in control (yes you do, Lord) In the middle of the war, You guard my soul</p>	<p>You alone are the anchor, when my sails are torn Your love surrounds me (Your love surrounds me) In the eye of the storm (in the eye of the storm) When the test comes in and the doctor says I've only got a few months left It's like a bitter pill I'm swallowing; I can barely take a breath And when addiction steals my baby girl, and there's nothing I can do My only hope is to trust You I trust You, Lord In the eye of the storm (yeah, yeah) You remain in control In the middle of the war (middle of the war), You guard my soul (yeah!) You alone are the anchor (ooh), when my sails are torn Your love surrounds me (yeah!) In the eye of the storm, You remain in control (yes you do, Lord) In the middle of the war (in the middle of the war), You guard my soul You alone are the anchor (ooh), when my sails are torn Your love surrounds me in the eye of the storm, ooh Oh, in the eye of, oh, in the eye of the storm</p>	<p>I know You're watching me, yea, ay When the storm is raging (when the storm is raging) And my hope is gone (and my hope is gone, Lord) When my flesh is failing, You're still holding on, oh whoa When the storm is raging (the storm is raging) And my hope is gone (and all my hope is gone) When my flesh is failing (my flesh is failing) You're still holding on, ooh When the storm is raging (when the storm is raging) And my hope is gone (and my hope is gone) Even when my flesh is failing (flesh is failing) You're still holding on, holding on The Lord is my Shepherd I have all that I need He lets me rest in green meadows He leads me beside peaceful streams He renews my strength He guides me along right paths, bringing honor to His Name Even when I walk through the darkest valley, I will not be afraid For You are close beside me</p>
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Bible Verses – The Message

<p>Isaiah 61:1-11 – 1 The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,2 to proclaim the year of the LORD’s favor and the day of vengeance of our God, to comfort all who mourn,3 and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.4 They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.5 Strangers will shepherd your flocks; foreigners will work your fields and vineyards.6 And you will be called priests of the LORD, you will be named ministers of our God. You will feed on the</p>	<p>wealth of nations, and in their riches you will boast.7 Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.8 “For I, the LORD, love justice; I hate robbery and wrongdoing. In my faithfulness I will reward my people and make an everlasting covenant with them.9 Their descendants will be known among the nations and their offspring among the peoples. All who see them will acknowledge that they are a people the LORD has blessed.”10 I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.11 For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign LORD will make righteousness and praise spring up before all nations.</p>
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