



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

**RECOVERING FROM TRAUMA
 TRANSFORMATION OF OUR CHARACTER**

May 19, 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 62:1-12 Music: Ryan Stevenson - Eye of the Storm https://www.youtube.com/watch?v=Qlow_JkOpiw Video: Overview: Isaiah 1-39 https://www.youtube.com/watch?v=d0A6Uchb1F8 Overview: Isaiah 40-66 https://www.youtube.com/watch?v=TzdEPuggQg</p>	<p>Resources: Renovated – God, Dallas Willard & the Church That Transforms by Jim Wilder Video: 19 SKILLS http://thrivetraining.org/Articles/19thriveskills.pdf Hero passenger speaks out on landing plane with no experience https://www.today.com/video/hero-passenger-speaks-out-on-landing-plane-with-no-experience-exclusive-140039749920</p>
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ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT– Isaiah 62.

- _____ → Isaiah 62:4 is a message of hope to the nation of Israel. God plans to change its name from Deserted and Desolate to Hephzibah and Beulah. Beulah means “married.” When God changes a name in the Bible, it conveys transformation, a second chance, and a new beginning. This passage promises the restoration of Israel to a place of favor and protection in God’s sight. Through this passage, the whole world knows that God finds delight in Israel and is married to her. He will no longer forsake His people. The Lord has sworn to never again allow a conqueror to overcome Israel, and Israel will exist in a sanctuary of safety.
- _____ → As Christians, we too have had a name change. Alluding to these prophetic texts, Peter reminds redeemed sinners that these realities belong to us (1 Pet. 1:16–18; 2:9, 10). We who were not a people now are God’s people. We who had not received mercy now have received it. In fact, we’re now a chosen race, a royal priesthood, a holy nation, a people for God’s own cherished possession.

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

- _____ → Being transformed requires that we can handle emotional trauma. Once we can return to joy and act like ourselves with the six big negative feelings taken one at a time, we can begin to learn how to return to joy and act like ourselves when the six are combined in various combinations. Shame and anger combine to form humiliation. Fear and hopelessness (with almost any other feeling as well) form dread. These combination feelings can be very draining and difficult to quiet.
- 6 Steps to mindfully deal with painful emotions:

<p>Step One: Turn toward your emotions with acceptance. Step Two: Identify and label the emotion. Step Three: Accept your emotions.</p>	<p>Step Four: Realize the impermanence of your emotions. Step Five: Inquire and investigate. Step Six: Let go of the need to control your emotions.</p>
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ACTION: Journal This

1. What are the most hurtful and damaging experiences/relationships of your life?
2. What did you learn about handling emotions in your family?
3. What has most helped you to heal from past hurts?

“Eye Of The Storm” by Ryan Stevenson

<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 62:1-12 – 1 For Zion’s sake I will not keep silent, for Jerusalem’s sake I will not remain quiet, till her vindication shines out like the dawn, her salvation like a blazing torch. 2The nations will see your vindication, and all kings your glory; you will be called by a new name that the mouth of the LORD will bestow. 3You will be a crown of splendor in the LORD’s hand, a royal diadem in the hand of your God. 4No longer will they call you Deserted, or name your land Desolate. But you will be called Hephzibah, and your land Beulah ; for the LORD will take delight in you, and your land will be married. 5As a young man marries a young woman, so will your Builder marry you; as a bridegroom rejoices over his bride, so will your God rejoice over you. 6I have posted watchmen on your walls, Jerusalem; they will never be silent day or night. You who call on the LORD, give yourselves no rest, 7 and give him no</p>	<p>rest till he establishes Jerusalem and makes her the praise of the earth. 8The LORD has sworn by his right hand and by his mighty arm: “Never again will I give your grain as food for your enemies, and never again will foreigners drink the new wine for which you have toiled; 9 but those who harvest it will eat it and praise the LORD, and those who gather the grapes will drink it in the courts of my sanctuary.” 10Pass through, pass through the gates! Prepare the way for the people. Build up, build up the highway! Remove the stones. Raise a banner for the nations. 11The LORD has made proclamation to the ends of the earth: “Say to Daughter Zion, ‘See, your Savior comes! See, his reward is with him, and his recompense accompanies him.’ ” 12They will be called the Holy People, the Redeemed of the LORD; and you will be called Sought After, the City No Longer Deserted.</p>
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