



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.

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

ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT

1. **FAILURE – WE NEED HELP** → 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.
2. **GOD'S PROVISION** → 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).
3. **GRATITUDE** → 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 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.

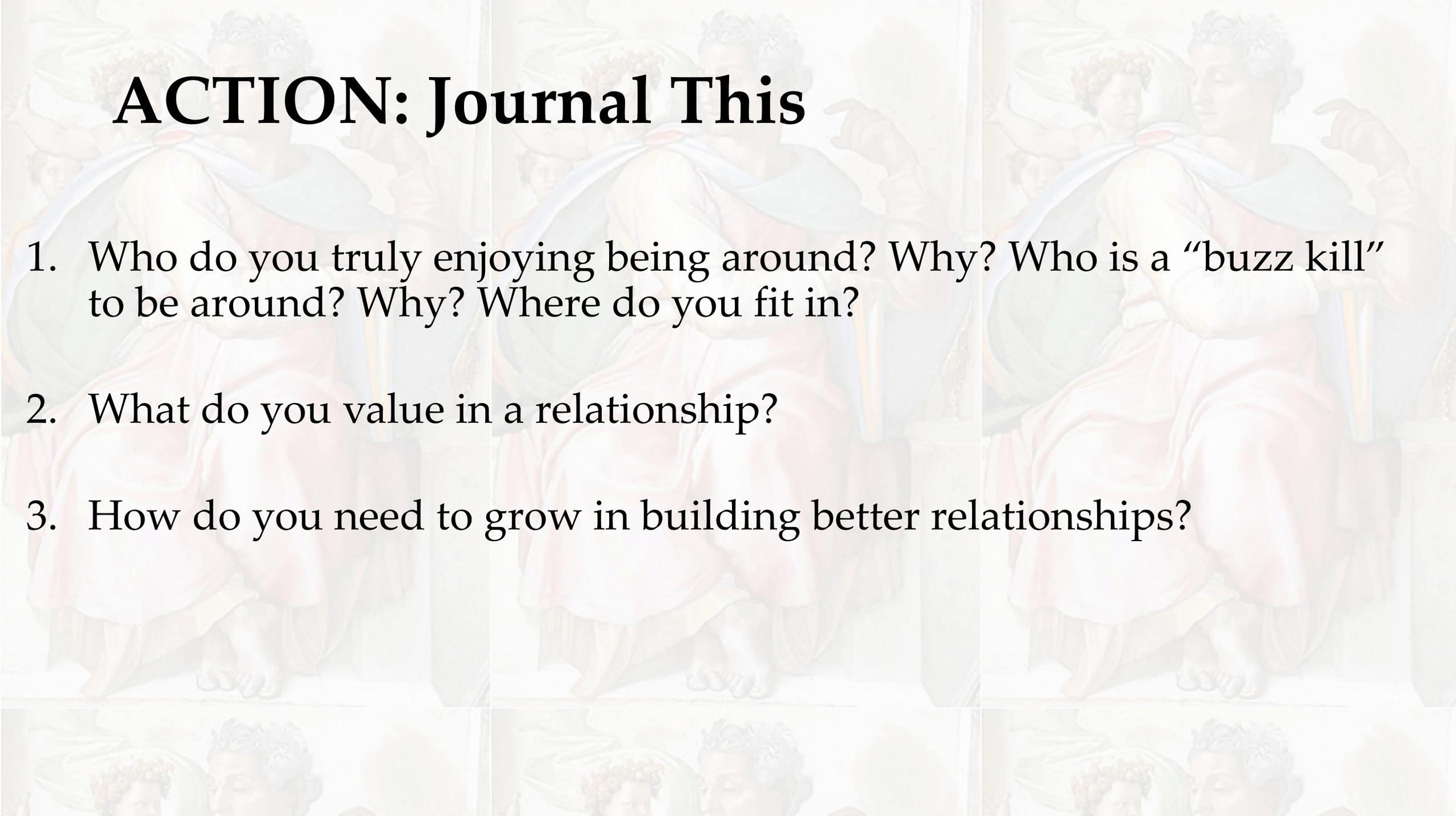
RESTORED: THE PIECES OF THE TRANSFORMATION PUZZLE

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. **AWARE OF ENERGY** → 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.
2. **ATTACHMENT STYLE** → 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. **Dismissive** → 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. **Distracted** → 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. **Disorganized** → 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 in?
2. What do you value in a relationship?
3. How do you need to grow in building better relationships?