



# 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.

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

# ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT– Isaiah 61

1. **GLORIOUS FREEDOM** → 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.
2. **OAKS OF RIGHTEOUSNESS** → 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 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.

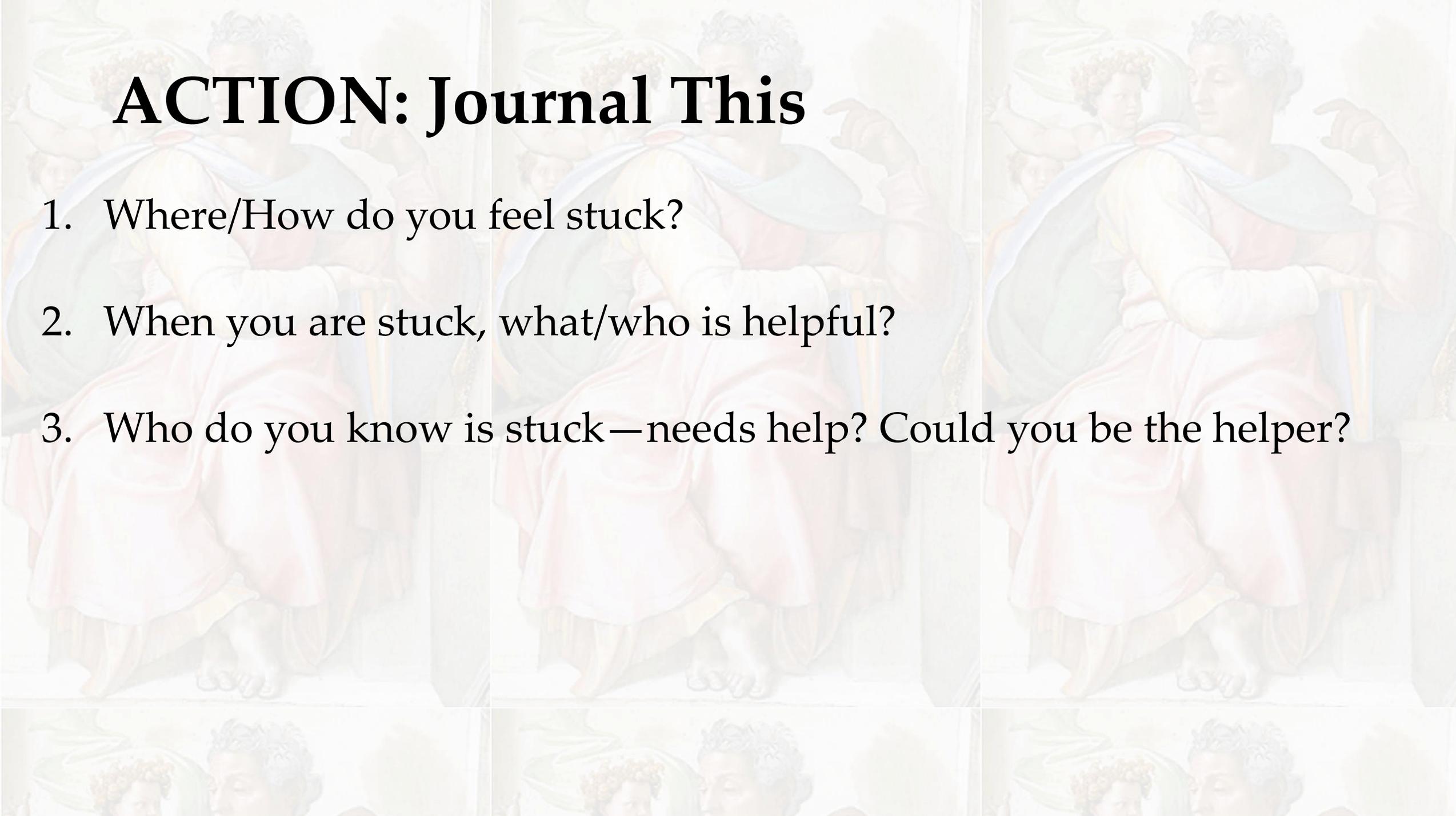
# RESTORED: THE PIECES OF THE TRANSFORMATION PUZZLE

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. **PAIN IN THE BRAIN** → 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."
2. **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.
  1. **Confused** → Level 5 pain is when I feel confused. More information brings relief.
  2. **Inadequate** → Level 4 pain is when I feel inadequate. An example brings relief.
  3. **Emotionally Maxed Out** → Level 3 pain is when I feel emotionally maxed out. Attunement (Validation and Comfort) with return to joy brings relief.
  4. **Disconnected** -→ Level 2 pain is when I feel disconnected. Quieting brings relief.
  5. **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?