



# The Power of Relationship to Restore & Renovate Us

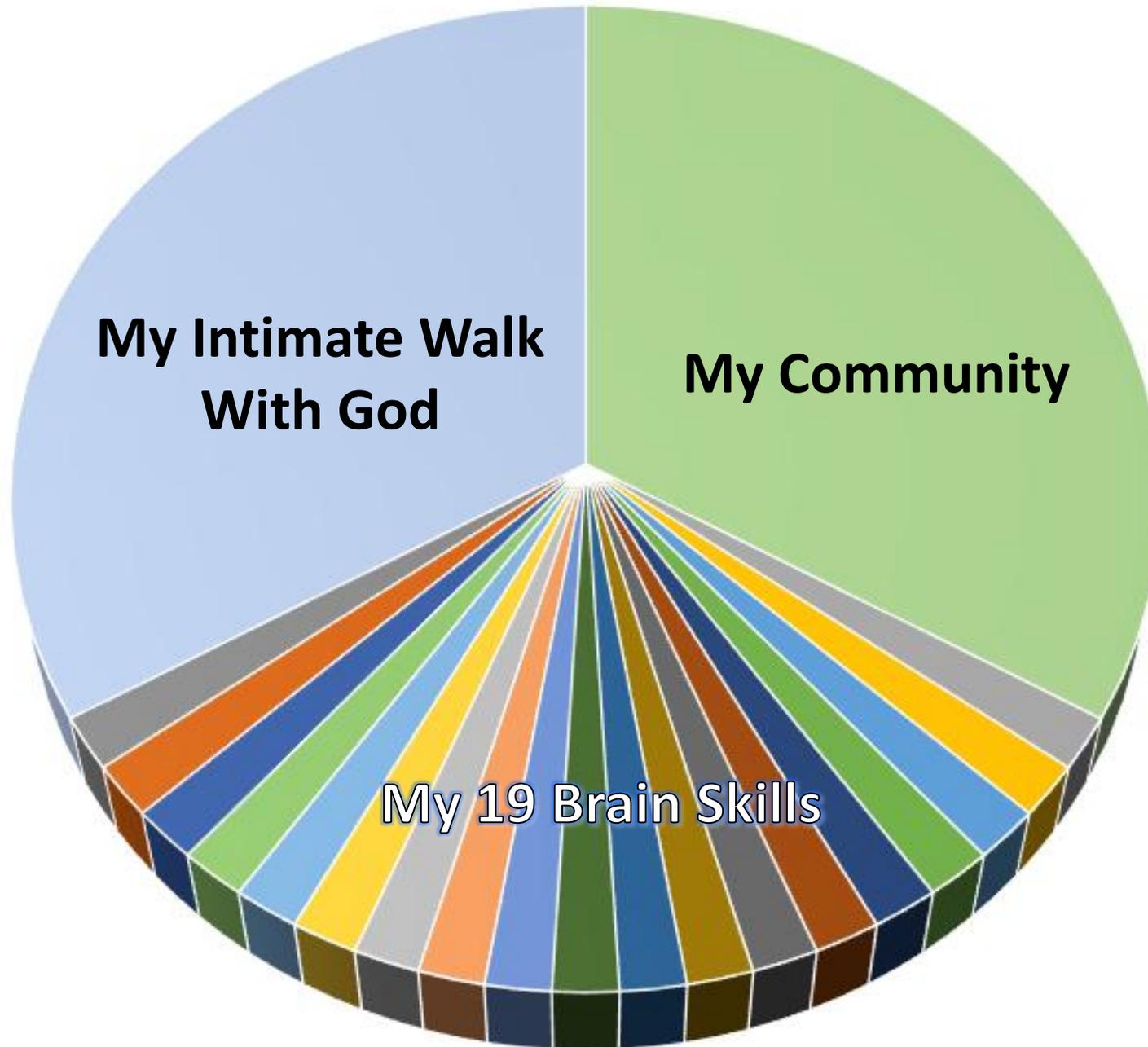
*“You’ll use the old rubble of past lives to build anew, rebuild the foundations from out of your past. You’ll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again.” – Isaiah 58:12 (The Message)*

- 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.

**RECOVERING FROM TRAUMA  
TRANSFORMATION OF OUR CHARACTER**

# ISAIAH: THE MASTERPIECE OF THE OLD TESTAMENT– Isaiah 62

1. **NEW NAME** → 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.
2. **CHOSEN** → 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 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.

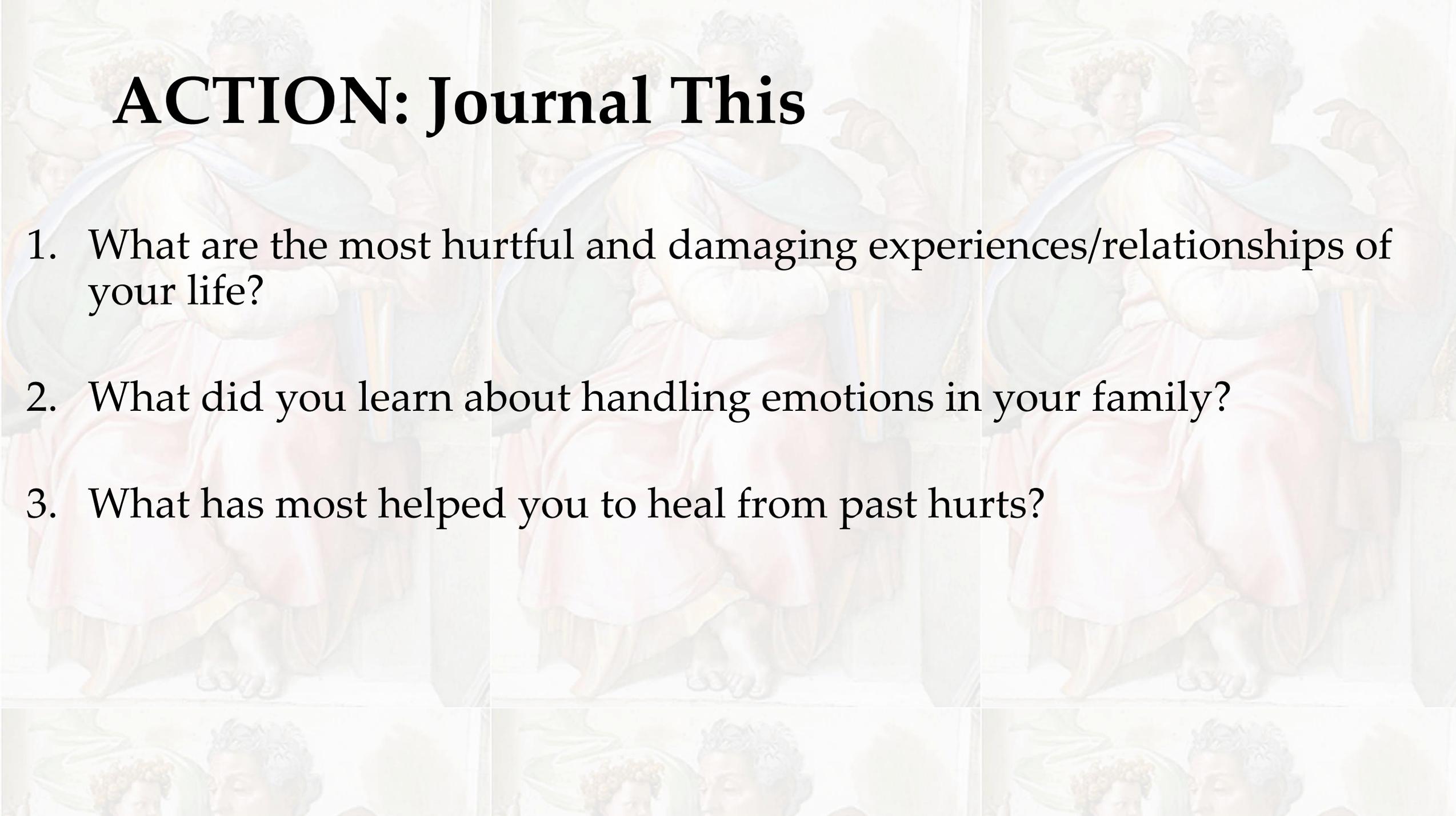
# RESTORED: THE PIECES OF THE TRANSFORMATION PUZZLE

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. FACING TRAUMA → 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.
2. 6 Steps to mindfully deal with painful emotions:
  1. **Step One: Turn toward your emotions with acceptance.**
  2. **Step Two: Identify and label the emotion.**
  3. **Step Three: Accept your emotions.**
  4. **Step Four: Realize the impermanence of your emotions.**
  5. **Step Five: Inquire and investigate.**
  6. **Step Six: Let go of the need to control your emotions.**



# **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?