

FINDING RESTORATION

CHAPTER 7 | TEACHING SEGMENT 1

(PLEASE WATCH THE STORY SEGMENTS CONNECTED TO THIS CHAPTER)

OUTLINE

**JESUS JOINS US ON OUR JOURNEY, ILLUMINATING THE DARKNESS,
REPLACING DESPAIR WITH HOPE**

PREMISE:

- Jesus brings **HOPE** when all seems lost
- **UNDERSTAND** the interconnectedness of our brain, mind, and body

1. THE SURVIVAL MINDSET

A. When all seems lost

- The horror of Chernobyl left the nation in survival mode, driven by fear and darkness.
- Though people supported and helped one another, long-term survival caused them to compare, and out of that fear of not having enough, they became jealous, resorting to thievery.
- The moment fear gets hold of us, it removes the color from our lives, robbing us of emotion, connection, joy, and empathy.
- When we are focused on survival, we don't process information correctly, allowing those emotions to transition safely outside of us.

2. WALKING WITH JESUS ON OUR JOURNEY

A. The Road to Emmaus (page 111)

- *Read the story of the two disciples on the road to Emmaus, told in Luke 24.*
- Jesus walked with them on their journey, but they were not able to recognize Him until later.
- Just as Jesus joined the two discouraged disciples, He joins us in our journey. In the journey, we receive revelation and we own our story.
- No matter where we are in life right now, Jesus comes alongside us and continues to develop the character, resilience, and endurance we need to sustain.
- Commit to staying on the journey. Don't give up when you are tempted to wonder, where is God in the middle of all this? He is with you.
- The road to Emmaus exemplifies why Christ had to come and dwell among us. "The Word became flesh and blood, and moved into the neighborhood. We saw the glory with our own eyes, the one-of-a-kind glory, like Father, like Son, generous inside and out, true from start to finish" (John 1:14 MSG).
- The presence of God immediately nullified the lies of the enemy who tried to separate humanity from the love of God.
- Could it be true that often in life, when we dwell in fear that we become blind to the possibilities, to the presence of God, to His love for us?

B. Our brain, mind, and body

- It's important to understand why the things we're experiencing are interconnected with our soul, emotions, and body.
- *See page 115* for an introduction to the process, based on Dr. Daniel Siegel's *The Whole-Brain Child*.

- Our experiences carry various emotions. When these emotions are shared with someone else, they travel through and out of us. The brain begins to remember and process that information as we share with someone who is safe, whose presence calms us down.

C. Jesus is with us

- Christ came to earth to walk with us in the midst of our suffering so that we can experience that interconnectedness in our brain and mind with Someone who understands what it means to be fully human.
- He remained fully God, but He empathized with our weaknesses and our times of rejection, anger, and grief.
- These moments of empathy were recorded for us in the Bible so that we can know that the God we serve is not absent from humanity but fully present in times of both grief and joy.

**** PLEASE CONTINUE TO CHAPTER 7 – TEACHING SEGMENT 2**