

FINDING RESTORATION

CHAPTER 7 | TEACHING SEGMENT 2

OUTLINE

**JESUS JOURNEYS WITH US IN TIMES OF STRESS,
AND IN HIS PRESENCE OUR HOPE AND PEACE ARE RESTORED**

PREMISE:

- **UNDERSTAND** the link between our brain functions and connectedness with God
- How to restore **CALM** in times of stress

1. OUR BRAIN, MIND, AND BODY

A. Functions of our brain (Dr. Daniel Siegel, cont'd; pages 115–117)

- Whole brain, represented by a closed fist.
- “Upstairs” brain (cerebral cortex), represented by four fingers closed over the thumb: thoughts, meaning, logic, associations, feelings. Surprisingly, this part of our brain makes only 20% of our decisions.
- Middle brain (amygdala), represented by the thumb: limbic system responsible for emotions, survival instincts, memory.
- “Downstairs” brain (brain stem), represented by wrist connection to arm: connects body, senses, appetite, autonomic functions, fight-flight response; 80% of decisions are made from this part of the brain.
- The Bible tells us to renew our mind on a daily basis; we are not led by the flesh but by the spirit.

- The flesh (which we assume is the body) is actually not separated like that. When we come to know Christ, He redeems all parts of our brain: emotions, soul, logic, body. We can function in connectedness by knowing Him and His love.

B. Understanding the process

- When we sense a threat approaching, the upstairs brain opens up (using the hand analogy, the four fingers flip up), so our logic is on alert. We start to process information according to what we're seeing at the moment.
- Dr. Siegel calls this "flipping your lid." As we sense danger, we go into survival mode and become overly emotional. Our body is now taking responsibility for the impact and creates flight responses. We feel tension and unease.
- The amygdala stays closed, preventing us from going forward with logic. Our brain is trying to keep us sane, to tell us we're on overload.
- In order for the upstairs brain to calm down, we need to be with someone else whose words or presence can calm us down.

2. IN THE PRESENCE OF GOD

A. From science to Scripture

- Out of this scientific basis flows the powerful revelation of why Jesus had to come and walk our journey with us. In times of stress, He is the One who will calm us and bring peace.
- You can now tell people, "I just need a moment to collect myself, my brain is flipped up! I need to come back to the understanding that Christ is with me." Remember that nothing is impossible with Him.
- You will have to consciously choose to refocus your attention from that external circumstance to the peace that God gives you.

- In those moments, meditate on Scriptures that remind you of the love and presence of God.
- Even if you don't have a person to tell you that it will be okay, you can do it yourself. Go to the mirror or to a quiet place, close the door, collect your thoughts, and say, "It's all going to work out, because Christ is on this journey with me."

B. Restoration and healing

- Jesus came because His love for us couldn't be expressed through the prophets or through another human being. He had to come in person. Only then could we experience that compassion and sense of connection to embrace this new life of restoration.
- Instead of disregarding what our body feels, now we can listen to it, knowing that we have been redeemed in all aspects. When you feel an emotion rising (remember that emotions travel in 90-second intervals), instead of rejecting it, take a deep breath and refocus your thoughts, allowing the emotion to flow through you and out of you.
- When we allow ourselves to feel, then Christ comes and heals that emotion. The brain connects the pieces and is able to fully process it. It becomes a healed memory, given a new purpose through Christ.

**** PLEASE CONTINUE TO CHAPTER 7– TEACHING SEGMENT 3**