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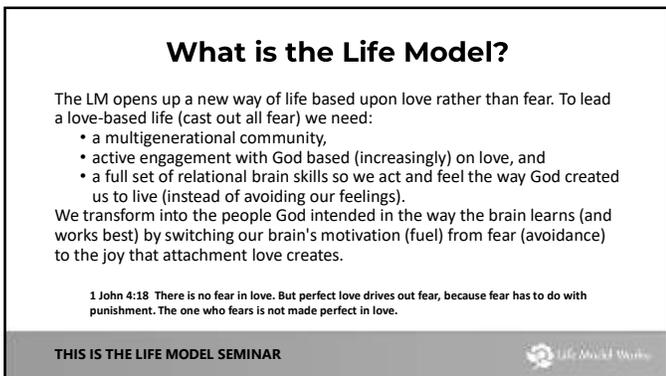
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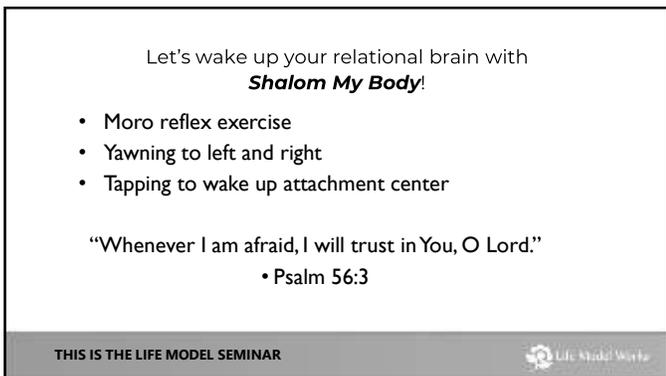
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### 3 Pillars of the Life Model



Relational  
Brain Skills

Immanuel  
Lifestyle

Multigenerational  
Community

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### Life Model Five to Thrive

1. To have a place to belong
2. To both give and receive life
3. To mature as we get older
4. To recover from the things that go wrong
5. To live from our true identity or heart

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### Exercise: Discussion

- Introduce yourself to your group with name and where you live.
- What is one change you can imagine in your family, church or community if these Pillars of Practice were a reality for you and your community? The 3 Pillars of Practice are Relational Brain Skills, Immanuel Lifestyle, and Multigenerational Community.
- Which of these elements resonates with you the most? The elements are:
 

• A place to belong	<b>Happy</b>	<b>Joyful</b>
• To receive and give life	<b>Peaceful</b>	<b>Interested</b>
• To mature as we get older	<b>Curious</b>	<b>Connected</b>
• To recover from what goes wrong	<b>Satisfied</b>	<b>Excited</b>
• To live from our true identity or heart	<b>Upset</b>	<b>Anxious</b>
	<b>Sad</b>	<b>Worried</b>
• What is one emotion word for how you are feeling now? You can use the following list of emotions if it is helpful.	<b>Nervous</b>	<b>Confused</b>
	<b>Irritated</b>	<b>Rattled</b>

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## This is the Life Model Online Event

### Session 1: What is the Life Model?

“Full hearts, whole brains.”

1. **The Life Model.** The LM opens up a new way of life based upon love rather than fear. To lead a love-based life (cast out all fear) we need:
  - a. a multigenerational community,
  - b. active engagement with God based (increasingly) on love, and
  - c. a full set of relational brain skills so we act and feel the way God created us to live (instead of avoiding our feelings).
  - d. transformation into the people God intended in the way the brain learns (and works best) by switching our brain's motivation (fuel) from fear (avoidance) to the joy that attachment love creates.
  - e. 1 John 4:18 *There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.* (NIV)
  - f. The Life Model is an *IDEALIZED* model, so we all recognize some things in the model that we didn't receive or don't currently see in our lives. Thankfully, Life Model Works helps us fill the gaps of things we missed. Today we'll talk about resources and practices that move us from fear and avoidance to bonds of love and joy. This is particularly important for leaders, and most of us are leaders, whether we are parents, teachers, pastors, or simply influencing our group of friends.
  - g. The Life Model has 3 Pillars of Practice which are interwoven throughout our lives. When diligently pursued, these 3 Pillars grow our attachment with God and people. This is effective because *attachment love is the element that changes our motivation from fear to love.*

**Exercise: Shalom My Body** and Close eyes, breathe deeply

We use Ps. 56:3 to help with timing, so as we move through the exercises, we will say “whenever I am afraid, I will trust in you, O Lord.” After each repetition. In sharing with others, you are welcome to use any phrase you'd like.

1. Yawning – L/R, Ps 56:3

2. Tapping – There's a nerve that wanders throughout our body and connects to the attachment center in our brain. It's called the vagal nerve, and it's closest to the surface right here below our collarbone. We will tap back and forth as we inhale, and rub gently and slowly as we exhale. Then Ps 56:3
3. Not a part of Shalom My Body, but throughout our presentations today, we'll take moments to Close our eyes and breathe deeply. We are sharing lots of information today, and taking a microbreak like this can help offset that sensation that you are trying to drink from a firehose. We want to give you the very best opportunity to take in what we are sharing today.

## 2. The Three Pillars of the Life Model

(The ideal life would include all of these.)

- I. **Relational brain skills** (joyful attachments with people)
  - a. Through our closest attachments, our brains are fully equipped for our age and stage of life.
  - b. Our relationships are based on joy and love, rather than fear and avoidance.
  - c. We are interacting with those who have the relational brain skills we are missing, so consistent growth is the norm.
- II. **Immanuel Lifestyle** (interactive attachment with God)
  - a. We are interactively engaged with God for His perspective throughout the day.
  - b. We invite and guide others to interactively engage with God in love and joy.
  - c. We engage with God about areas or memories of life where we have no awareness of His presence.
- III. **Multigenerational community** (authentic attachment with My People)
  - a. Our community includes a wide range of people (ages, stages, races, interests, abilities).
  - b. In our community, the weak and strong are interacting regularly with God and each other.
  - c. People in our community are learning to have a tender response to weakness.

Close eyes and breathe deeply.

3. **Five to Thrive:** In developing the Life Model, we discovered that with certain things in place and functioning well, our lives are more peaceful and joyful.

**1. A place to belong**

- a. We need a caring family **and** community to help us build attachment and grow in the good things of life.
  - a. The less joy and love we receive in our family, the more we need our community.
  - b. The earlier we are included in a healthy community, the less our family's gaps will affect us.
- b. We learn to receive and give love and develop our gifts, talents, and heart characteristics.
- c. We learn to create belonging around us with our own personal flavor or style.
- d. Our identity is formed by how those we love see us.
- e. (Psalm 68:5-6 A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families.)

Close eyes and breathe deeply: God has a plan for each of us to belong.

**2. To both receive and give life**

- a. We see how God gives life, good things, the Word, wisdom, and He also receives worship and honor from us.
  - a. As infants, we need to receive without having to give in return.
    1. We need love, joy, quieting, physical care, attunement to our emotions and needs.
    2. We begin to attach securely with our family members.
    3. Experiencing and receiving this care will wire our brains to see ourselves, others, and the world as resources to meet needs.
    4. We see ourselves as we are reflected in the eyes of those around us. This is the foundation of our identity.
  - b. As we grow, we learn to give as well as receive.
    1. Our early efforts to give are met with delight and affirmation.
    2. We gradually learn to easily recognize our own and others' needs and to meet those needs as appropriate for our age and abilities.
    3. We meet others' needs out of love and joy, rather than fear.

- c. As healthy members of the community, we give and receive regularly and with joy. Our motive is joyful, loving connection.

Close eyes and breathe deeply: God has a plan for each of us to receive and give life.

### **3. *To mature as we get older***

- a. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways. 1 Cor: 13:11
  - a. At each age and stage of life, there are tasks we need to master in order to continue growth in our ability to connect in love rather than fear.
    - i. Infant tasks mastered in an atmosphere of love will lay a strong foundation for life.
    - ii. Maturity tasks at each stage add to our ability to engage with people, circumstances, and God in love and without fear.
    - iii. The more maturity tasks we master within a loving family and community, the more we will begin to live from our God-given identity.
  - b. We need our family and community.
    - i. We see ourselves through the eyes of those around us. This builds our identity.
    - ii. Most tasks need input from those who love us.
    - iii. Participation in a loving community fills gaps that might be left from our interactions with family.
    - iv. Maturity cannot happen without loving attachment with other people and God.

Close eyes and breathe deeply: God has a plan for each of us to mature.

### **4. *The capacity to recover from things that go wrong***

- a. “Consider and answer me, O Lord my God; light up my eyes...I have trusted in your steadfast love; my heart shall rejoice in your salvation.” Psalm 13:7, 8
  - d. Trauma is anything that overwhelms our capacity to process it as it happens.
    - 1. A Trauma – the pain caused by the absence of good things we need
    - 2. B Trauma – the pain caused by bad things that happen

3. Trauma is determined by the capacity of the person to whom it happened rather than any outward measurement.
- e. Healthy attachment to God and people can bring about recovery
  1. God and people can attune with our pain.
  2. God and people can provide what was absent.
  3. God can show us His presence in our painful past provide comfort and His perspective.
  4. God, family, and community all have an important part in our recovery.

Close your eyes and breathe deeply: God has a plan for you to recover.

### **5. *To live from our true identity or heart***

- a. But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy. 1 Peter 2:9, 10
  1. Our identity is formed in our first few years by how those we love see us. This can leave us with a malformed identity, but God knew this would happen and made a plan.
  2. God has a true identity which He's placed within us, the true identity that lives from motivation of love/connection/joy. Developed and manifested depending on family, community, maturity, healing, and more.
  3. Our true heart has a capacity for knowing God, for walking by the Spirit.
  4. We each have a false heart that has developed from our sark (flesh) which is motivated by fear; it wants to avoid pain and be right. This false heart is manifested through our malformed identity.
  5. As we build a love bond with God and as the LM elements in our life begin to align with God in a healthy way (we receive healing, become part of a protector community that lives from love, we mature), our true heart/identity is revealed and grows. We walk by the Spirit rather than the sark.
  6. Interactive relationship with God and being part of a gentle protector community allows us to live from our true heart rather than our false

heart. Our malformed identity and external behavior gradually changes to match our true identity.

7. Living from our true identity is the work of a lifetime, and it happens in community.

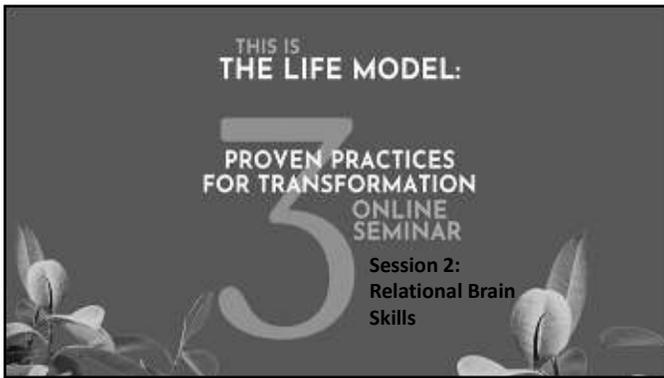
Close eyes and breathe deeply: God has a plan for you to know His heart and live from your true heart.

When we weave all these concepts into a beautiful tapestry of strong attachment bonds with God and people, we're enabled to live the life God created us to live. Life Model Works helps you do that better.

### Exercise: Discussion

1. Introduce yourself to your group with name and where you live.
2. Name one change you can imagine in your family, church or community if these Pillars of Practice were a reality for you and your community? The 3 Pillars of Practice are Relational Brain Skills, Immanuel Lifestyle, and Multigenerational Community.
3. Which of these elements resonates with you the most? The elements are:
4. What is one emotion word for how you are feeling now? If you'd like, you can use the list of emotions below:

<b>Happy</b>	<b>Joyful</b>	<b>Interested</b>	<b>Peaceful</b>
<b>Curious</b>	<b>Connected</b>	<b>Satisfied</b>	<b>Excited</b>
<b>Anxious</b>	<b>Upset</b>	<b>Sad</b>	<b>Worried</b>
<b>Nervous</b>	<b>Confused</b>	<b>Rattled</b>	<b>Irritated</b>



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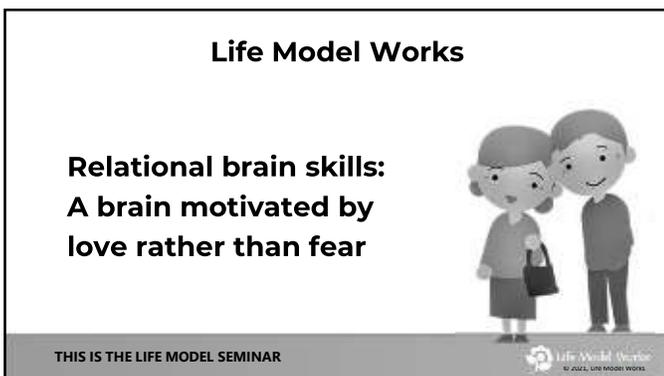
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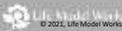
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### Relational Brain Skills

**“A brain motivated by love/connection”**

<p><b>Left Hemisphere</b></p> <ul style="list-style-type: none"> <li>• The Explainer</li> <li>• Verbal/Words/Stories</li> <li>• Logical</li> <li>• Single perspective</li> <li>• Stores “what happened”</li> <li>• 5 cycles per second</li> </ul>	<p><b>Right Hemisphere</b></p> <ul style="list-style-type: none"> <li>• The Feeler</li> <li>• Nonverbal/voice tone, body language</li> <li>• Broad perspective</li> <li>• Stores “how it felt”</li> <li>• Character formation</li> <li>• 6 cycles per second</li> </ul>	
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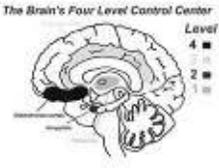
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### Relational Brain Skills

**A brain motivated by love and connection**



The Brain's Four Level Control Center

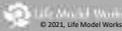
**Level 4: Direct**

**Level 3: Attune**

**Level 2: Assess**

**Level 1: Bond**



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### Your Brain's Elevator

**Synchronized bottom to top**



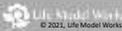
**Level 4: Direct**

**Level 3: Attune**

**Level 2: Assess**

**Level 1: Bond**



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**Your Brain's Elevator**  
Synchronized bottom to top



Level 4: Direct  
Level 3: Attune  
Level 2: Assess  
Level 1: Bond

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**Your Brain's Elevator**  
Synchronized bottom to top



Level 4: Direct  
Level 3: Attune  
Level 2: Assess  
Level 1: Bond

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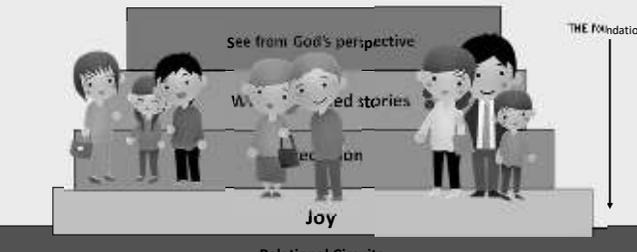
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**Foundational Skills**



See from God's perspective  
W...ed stories  
Selection  
Joy  
Relational Circuits

THE FOUNDATION

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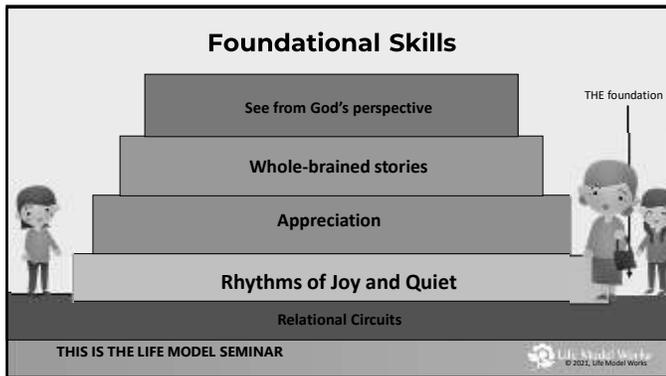
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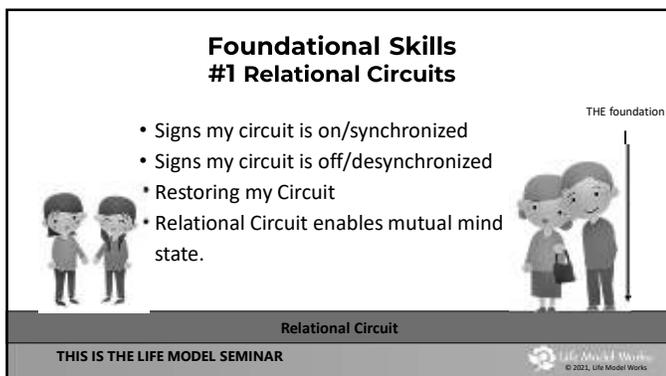
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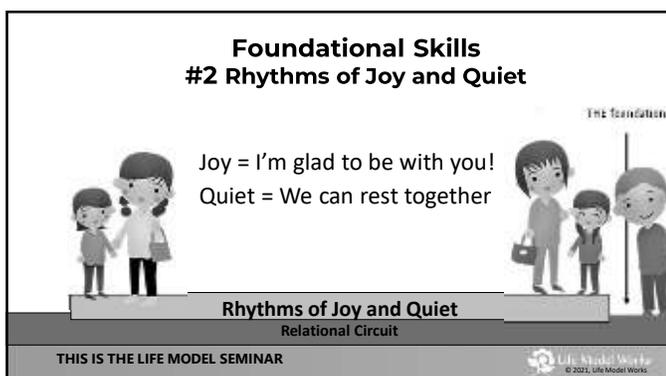
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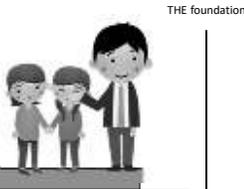
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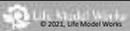
### Foundational Skills #3 Appreciation

Experiencing God's gifts  
Gateway into God's presence  
Relational Circuit –

- Appreciation is a test and a tool



**Appreciation**  
Rhythms of Joy and Quiet  
Relational Circuit

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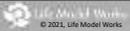
### Foundational Skills Whole Brained Stories

Synchronized stories

- Personal to me
- How it feels in my body/ emotions
- How I acted like my true self
- Use my face and body to show the emotions I felt
- Keep the story succinct so listeners can stay connected



**Whole-brained stories**  
Appreciation  
Rhythms of Joy and Quiet  
Relational Circuit

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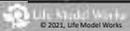
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### Foundational Skills #5 See from God's Perspective

- Only God can give us the truth and meaning in our lives
- Only connection with God can prevent us from deciding right and wrong for ourselves (Prov. 3:5,6)
- Let God's peace be your referee (Col. 3:15)



**See from God's perspective**  
Whole-brained stories  
Appreciation  
Rhythms of Joy and Quiet  
Relational Circuit

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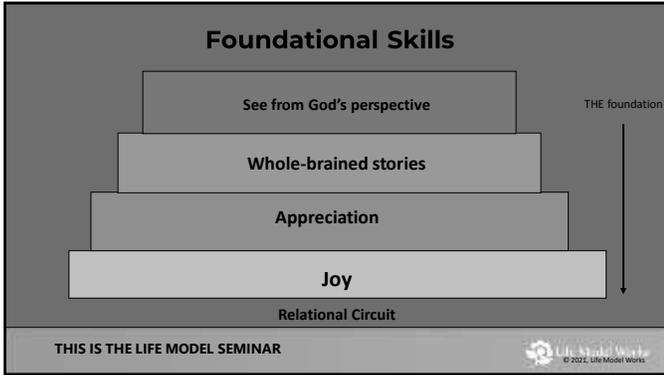
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**Exercise: Joy and Quiet Together**

1. Set up the order you will respond in your group. Use this same order in each sharing Round.
2. Round 1: Say hello to the group, and share your name again.
3. Round 2: What is a food you love to eat?
4. Sit quietly for 30 seconds and notice your thoughts, emotions, and body.
5. Round 3: What is an activity you love to do?
6. Round 4: What have you enjoyed so far about this seminar?
7. Sit quietly for 30 seconds and notice your thoughts, emotions, and body.
8. Discuss: What did it feel like to alternate sharing your thoughts with quieting together? (This is an exercise, so it is artificial, but what might it feel like to introduce some quiet into your conversations?)

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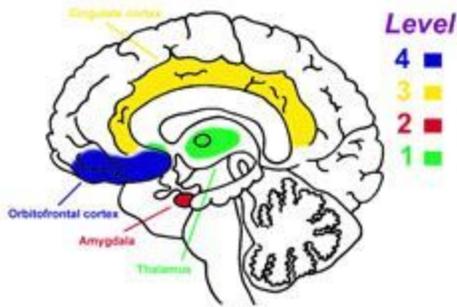
## Session 2: Relational Brain Skills

### 1. Overview of Relational Brain Skills

**Relational Brain Skills:** the specific skills we all need to live a peaceful, loving life. These skills wire our brains for strong connections with God and others even in difficult circumstances. I (Amy) am so thankful for these skills that have brought more peace and joy into my life than I thought was possible. These skills are changing the way I act and feel. More often, I'm feeling the motivation of love rather than fear as I interact with friends and family. One of my life goals is to "live as the person God created me to be, in increasingly complex situations." Life Model Works is helping me do it better, and we'll help you, too.

- a. Let's talk about our brains. Our relational, emotional, nonverbal right brain is faster than the logical, verbal left brain. This means that if we try to control our actions by logic and conscious thought, we will always be a step behind. I've experienced this in my own life – I knew how I wanted to behave, but my knowing and my logic didn't seem to be enough. As I gained and practiced these relational brain skills, my emotional responses began to change, and began to line up with how I knew God wanted me to respond.
- b. The right hemisphere was designed by God to be the **Control Center** of the brain. As we acquire and practice relational brain skills, we are cooperating with God's design.
  - i. Our brain's elevator – processing happens at each floor
  - ii. All floors are designed to work in synchronization (a circuit).
  - iii. Floors are "wired" or constructed by our interactions in early childhood, and the elevator can be rewired at any time through our interactions with those who have the brain skills.
  - iv. Relational brain skills allow the elevator to work smoothly.
  - v. Trauma, immaturity, lack of healthy bonds will prevent, stifle, or stall the development of relational brain skills.
  - vi. Living a life motivated by fear keeps the elevator desynchronized.

### The Brain's Four Level Control Center



<b>Level 4:</b>	Action center
<b>Level 3:</b>	Attunement center
<b>Level 2:</b>	Assessment center
<b>Level 1:</b>	Attachment center

**Level 1:** What is personal to me?

**Level 2:** Assessment-is this good, bad, or scary

**Level 3:** Attunement- are you with me? Do you understand?

**Level 4:** Action-What is it like my people to do?

2. Relational brain skills help build strong love bonds.
  - a. Love bonds vs. Fear bonds
  - b. Strong bonds vs. Weak bonds
  - c. Transforming fear bonds to love bonds and replacing weak bonds with strong bonds creates a strong foundation for all of life. Life Model Works helps you do it better.

### Close eyes and breathe deeply

2. Foundational Relational Brain Skills
  - a. Relational Circuit (Skill 0)
    - i. Signs our circuit is on/synchronized
      1. I'm interested and curious about what others think.
      2. I can see my part in the problem.
      3. I welcome relational interactions.
      4. My thinking is flexible, and solutions seem to flow easily.
      5. My willpower seems operational, and I can make choices that are good for me and others.
      6. I feel appreciation easily.
    - ii. Signs our circuit is off/desynchronized
      1. I just want to make a problem, person, or feeling go away.
      2. I don't want to listen to what others feel or say
      3. My mind is locked onto something upsetting

4. I don't want to be connected to ? (someone I usually like)
  5. I just want to get away, fight, or freeze.
  6. I more aggressively interrogate, judge, and fix others.
  7. My cravings are big.
- iii. Restoring my Circuit
    1. Shalom My Body YouTube-Chris Coursey, THRIVEtoday, [Link to Shalom My Body](#)
    2. Appreciation (test and tool)
    3. CAKE: Curiosity, Appreciation, Kindness, Eye Contact
  - iv. Relational Circuit – enables mutual mind state.
    1. Mutual mind: Two bonded minds that think alike
    2. Mirror neurons recognize another mind that is thinking similarly
    3. Develops with bonds, face to face connection
    4. “You ‘get’ me,” “I know what you’re thinking”
    5. We can experience mutual mind with people and with God
      - a. 1 Cor 2:16 - we have the mind of Christ
      - b. Phil 2:5 - Have this mind among yourselves, which is yours in Christ Jesus

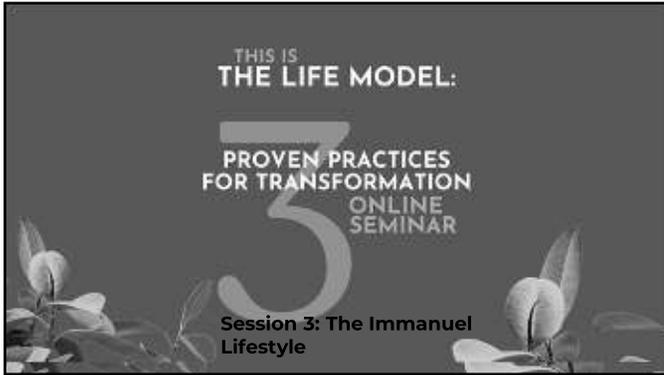
Close eyes, breathe deeply.

- b. Rhythms of Joy and Quiet with Others
  - i. Joy = I'm glad to be with you! (Skill 1)
    1. Eye contact, facial expressions, voice tone, body language
    2. Our brains believe nonverbals more than WORDS.
    3. Releases dopamine, high energy bonding chemical
  - ii. Quiet = we can rest together (Skill 2)
    1. Releases serotonin, low energy bonding chemical
    2. Quiet together builds trust in the bond, “You'll let me rest!”
    3. Brains made to operate in an alternating rhythm of joy and quiet
    4. Ability to quiet best indicator of future mental health
    5. Close eyes and breathe deeply
- c. Appreciation (Skill 4)
  - i. Experiencing God's gifts – gateway into God's presence
  - ii. Releases bonding chemicals- strengthens bonds
  - iii. Helps keep our relational circuit ON/synchronized
- d. 4+ (whole brain) stories – synchronized stories (Skill 7)

- i. Personal to me
  - ii. How it feels in my body
  - iii. How it feels in my emotions
  - iv. How I acted like my true self
  - v. Use my face and body to show the emotions I felt; keep the story succinct so listeners can stay connected
- e. See what God sees (Skill 13)
- i. Only God can give us the truth and meaning in our lives
  - ii. Only connection with God can prevent us from deciding right and wrong for ourselves (Prov. 3:5,6)
  - iii. Appreciation story – SIT IN IT!
  - iv. Invite God to join you – notice if you have a sense, image, thought of Him
  - v. Ask what He wants you to know
  - vi. Share any peaceful thoughts with others (Col. 3:15)

### **Exercise: Sharing Joy and Quiet Together**

1. Set up the order you will respond in your group. Use this same order in each sharing Round.
2. Round 1: Say hello to the group, and share your name again.
3. Round 2: What is a food you love to eat?
4. Sit quietly for 30 seconds and notice your thoughts, emotions, and body.
5. Round 3: What is an activity you love to do?
6. Round 4: What have you enjoyed so far about this seminar?
7. Sit quietly for 30 seconds and notice your thoughts, emotions, and body.
8. Discuss: What did it feel like to alternate sharing your thoughts with quieting together? (This is an exercise, so it is artificial, but what might it feel like to introduce some quiet into your conversations?)



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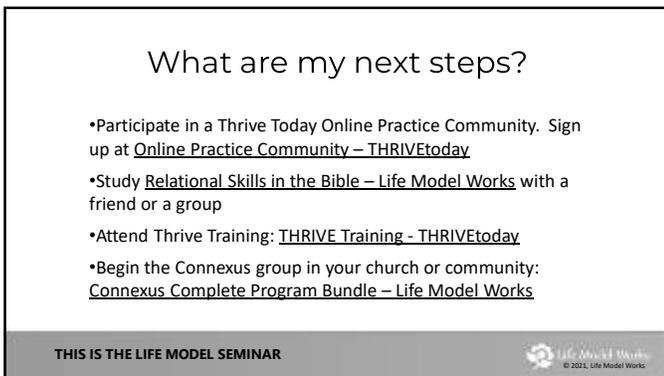
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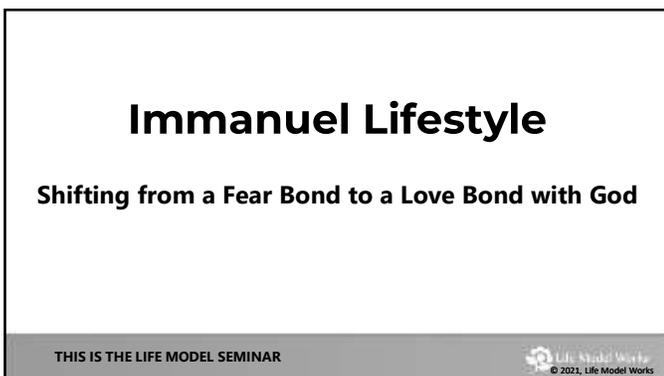
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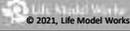
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Developing an *Immanuel Lifestyle* with God as the Basis for All of Life



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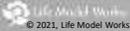
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**Relationally-Based Transformation from the Inside/Out!**



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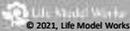
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**Jesus is *Immanuel* - "God with Us"**



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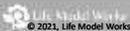
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*But I'm not keeping it [my intimacy with the Father] to myself; I'm ready to go over it line by line with anyone willing to listen.*

*Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

Matthew 11:28-30 *The Message*

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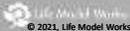
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Consider these passages about God's Nature:

- "No one can come to me unless the Father who sent me draws him...." John 6:44a
- 1) God is not far from each one of us, though we may grope to find Him. 2) In Him we live and move and have our being. 3) We are His offspring. Acts 17 (Paul to pre-Christian Greeks)
- "He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world." 1 John 2:2
- "The true light, which gives light to everyone, was coming into the world." John 1:9
- Psalm 139 is an *Immanuel Psalm* – God has always been nearby

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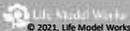
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The Immanuel Lifestyle ...

1. Awakens our true identity (our original design), including those parts of our identity that were malformed due to the missing elements in our family and community.
2. Enables us to build a strong love bond with God, which displaces fear, so that our interactions with Him begin to fill in gaps in our true identity.
3. Allows us to see ourselves, others, and circumstances from God's perspective.

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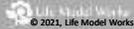
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**1. True Identity – our authentic way of being**

- There is something more original about us than sin.
- Salvation can be seen as a *new attachment of love* with God.
- Abiding - at home with each other - *"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."* John 15:4-5

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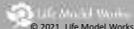
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**2. A Bond of Love – New Secure Attachments**

- Our attachment center that operates deep in our brain and faster than our conscious thought needs to be "presented" and secured by God, His love and His loving representatives.
- Seems too good to be true, but it is true! The sinful expressions of self are crucified; the essential self (true identity) is subordinated to Christ as Lord and raised to life.
- *"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."* Galatians 2:20



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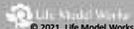
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**3. Divine Perspective – "God-Sight"**

- Ears and eyes of the heart opened! *"Give me a hearing heart."* 1 Kings 3:9 *"...having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you...."* Ephesians 1:18
- Shalom, the peace of Immanuel, rules our hearts. *"Let the peace of Christ rule in your hearts, to which you were called in one body. And be thankful."* Colossians 3:15
- Synchronization of "all things" working together for good

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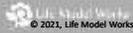
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### Terri's Story at 9 Years Old

- Stunned after experiencing an emotional blow up by her dad.
- A clear voice in her head: "Your father has a problem. It's not your fault. And you will find a better way."
- Later that week, she witnessed a new attachment take place in nature that was indelibly imprinted on her mind.
- These interactive "golden" memories with God ... Immanuel moments ... are ways that the Father draws us to trust in His Son.
- The more we have pondered her experience, the more we are amazed at Jesus as her Immanuel!

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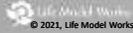
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### Immanuel Lifestyle – Practice #1

#### Appreciation

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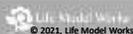
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### Purposes of Appreciation

1. Appreciation helps keep our *Relational Circuits on* - our relational brain is engaged
2. Appreciation is a *safety net* and an *anchor* - we return to appreciation when we lose our shalom or connection
3. Appreciation is a *gateway* – use appreciation to connect to God and others

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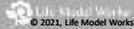
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## Immanuel Lifestyle – Practice #2

Listening to Jesus with Others and Alone

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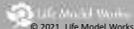
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### Our Approach to Listening for Jesus



- As with all skills, we gain the skill of seeing/recognizing God's perspective by practicing in a simple, structured way first.
- Much like drills in sports or scales in music. Gradually we learn to recognize God's voice in more complex situations.
- Shalom is our referee – when we've lost it, we stop the game.

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### Going Up the *Hill of Awareness*

- Go to an *Appreciation or Immanuel Memory*
- SIT in appreciation for 3 minutes (This step is crucial!)
- Invite Jesus in
- Notice your thoughts
- Share with others
- We are designed to experience a *mutual mind* state with God.



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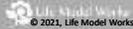
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## Immanuel Lifestyle – Practice #3

Mutual Mind with God

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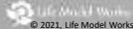
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### The Shalom Test of Colossians 3:15

- I feel shalom
- I desire harmony with God and God's people I know
- I am in a state of appreciation/gratitude
- If these 3 things are not present, I stop and ...
  - Get my RCs back on
  - Go to an Appreciation Anchor and SIT
  - Allow God to restore my shalom
  - Resume my activity/life



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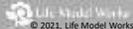
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### We are God's Poetry!

1. We are image bearers – and the image is restored through our trust in Jesus.
2. We are not simply called to "think about God", but we are equipped to "think with God". (Read *Renovated!*)
3. "We are his **workmanship** (Gk. *Poiema*), created in Christ Jesus for good works. Ephesians 2:10
4. Hebrew poetry is "thought rhyming".
5. "For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ. I Corinthians 2:16



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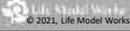
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**Godsight: The Authorized Revised Version of our Story**

- We have lived unfinished stories.
- Remember, Jesus was with us before we were with Him.
- Jesus can show us the bigger reality that we missed perceiving at the time. Hidden Pictures



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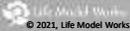
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A Personal Immanuel Healing Story



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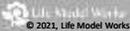
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***GOD made my life complete  
when I placed all the pieces before him.  
When I cleaned up my act,  
he gave me a fresh start.  
Indeed, I've kept alert to GOD's ways;  
I haven't taken God for granted.  
Every day I review the ways he works,  
I try not to miss a trick.  
I feel put back together,  
and I'm watching my step.  
GOD rewrote the text of my life  
when I opened the book of my heart to his eyes.***

2 Samuel 22:21-25 *The Message*

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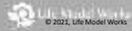
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**Exercise: From Appreciation to  
Interactive Connection with God**

1. Take a deep breath.
2. "Jesus, I invite you to bring to mind a time I felt joyful, peaceful, or connected."
3. Enter into the memory, remembering how you felt in your body and emotions. Sit in the memory for 2-3 minutes.
4. Notice if you have a sense of peace or God's presence.
5. "Immanuel, is there something you have for me here in this memory?"
6. Discuss briefly in your group.

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### Session 3: Immanuel Lifestyle

Close eyes and breathe deeply as we get ready to hear about the rest we have in Immanuel.

#### Our Relational Circuits are on if we can sense the presence of Jesus.

3. **Immanuel Lifestyle** (interactive relationship with God as the basis for all of life)
  - a. Awakens our true identity, including those parts of our identity that were malformed due to the missing elements in our family and community
  - b. Enables us to build a strong attachment with God, so that our interactions with Him begin to fill in gaps in our true identity
  - c. Equips us to see ourselves, others, and circumstances from God's perspective
  - d. Relational Circuit is on if we can sense the presence of Jesus
    - i. Shalom, the peace of Immanuel, rules our hearts. *Col. 3:15 "Let the peace of Christ rule in your hearts, to which you were called in one body. And be thankful."*
    - ii. Shalom = Synchronization. Things in right relation, in right place, in right amount, right time, so that God is pleased. *All things work together for good. Rom 8:28*
    - iii. When we are aware of His presence and point of view, we have profound peace, even if things aren't going well. *Phil 4:6, 7 "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (get His perspective about everything) And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."*
4. **Immanuel Lifestyle Practice #1: Appreciation** (specific moments where we feel joyful, peaceful, connected and/or accepted; aware of any gift of God)
  - a. Purposes of Appreciation in an Immanuel Lifestyle
    - i. Appreciation helps keep our **RCs on**; our relational brain is engaged
      1. Returns us to the state where brain levels synchronized
      2. Able to see people as more important than problems
      3. Restores shalom
      4. Connects us with joy as our fuel/motivation

- ii. Appreciation is a safety net and anchor – we return to appreciation when we lose our shalom or connection
  - 1. Specific Appreciation Memories we can count on
  - 2. We go to these when life is difficult, emotions are painful
  - 3. Restores us to our baseline of joy as motivation
- iii. Appreciation is a gateway – use appreciation to connect to God and others
  - 1. Scripture says we come to Him with thanksgiving:
    - a. Ps. 95:2 - Let us come into his presence with thanksgiving
    - b. Ps. 100:4 - Enter his gates with **thanksgiving**, and his courts with praise!

5. **Practice #2: Listening to Jesus** with others and alone

a. **Relational Circuits are on if we can sense the presence of Jesus**

- b. As with all skills, we gain the skill of seeing/recognizing God's perspective by practicing in a simple, structured way first. Much like drills in sports or scales in music. Gradually we learn to recognize God's voice in more complex situations. We develop mutual mind with Him. This mutual mind brings shalom. Col. 3:15 – God's shalom is our referee – when we've lost our shalom, we stop the game.
  - i. Go to an Appreciation Memory
  - ii. SIT in appreciation for 3 minutes (This step is crucial!)
  - iii. Invite Jesus in
  - iv. Notice your thoughts
  - v. SHARE with others

6. **Practice #3: Expand Immanuel Awareness (Mutual Mind with God)**

- a. We learn skills that set the stage for us to be aware of Immanuel, and we take the time to notice. We especially notice times we've lost our shalom.
- b. Appreciation Reset Exercise (Amy will teach you more about this in our last session)



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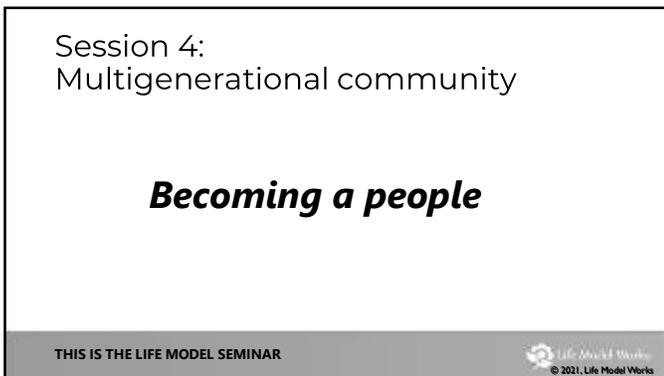
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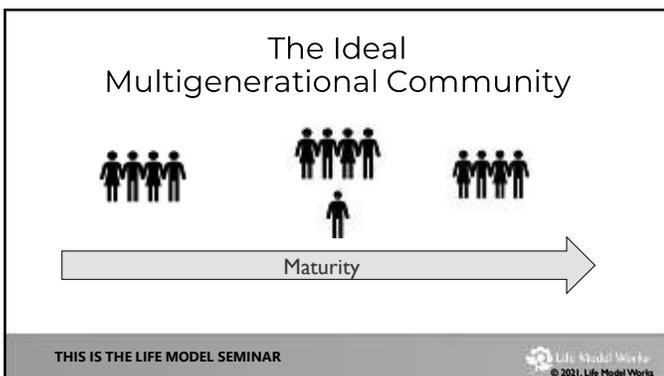
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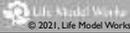
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### Healthy Relational Soil

1. Joy
2. Hessed
3. Group Identity
4. Healthy Correction



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### Joy→Hessed→Group Id→Healthy Correction



- Faces of grace
- "I'm happy to be with you"

*The LORD bless you and keep you;  
the LORD make his face shine on you and be gracious to you;*

Num 6:24-26

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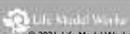
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### Joy→**Hessed**→Group Id→Healthy Correction

- Relational glue
- Family level bonding
- The strongest force in the brain



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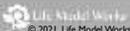
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Joy→Hesed→**Group Id**→Healthy Correction

- What kind of people are we?
- Example: "We are a people who love our enemies and return cursings with blessings."

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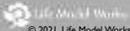
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Joy→Hesed→Group Id→**Healthy Correction**



- What happens when we don't act like ourselves?
- We need a reminder (not condemnation)
- *"That was not your best self. Let me remind you who we are."*

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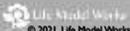
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### Shame

- **Shame:** Your face, eyes and voice tone are telling me that you are not happy to be with me right now.
- **Toxic shame message:** "You are bad!"
- **Healthy shame message:** "I love you but believe that you stopped acting like yourself. Let me remind how we act in this situation."
- Toxic shame corrupts our identity. Healthy shame builds up our identity

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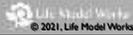
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## Joy→Hesed→Group Id→Healthy Correction

Think of the four ingredients of healthy relational soil

- **Joy**
  - **Hesed**
  - **Group identity**
  - **Healthy correction**
- Evaluate your current Christian community. Where is your community strong, and where does your soil need improvement?

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### Exercise: Practicing Healthy Shame Messages

1. Using the formula in bold, create a healthy shame message in your group.  
**“When you \_\_\_\_\_, I believe that you stopped acting like yourself. Let me remind how we act in this situation. We don’t \_\_\_\_\_; we \_\_\_\_\_.”**  
*Example: “When you laughed at your friend’s mistake, I believe that you stopped acting like yourself. Let me remind you how we act in this situation. We don’t make fun of mistakes, we are gentle with the weakness of a friend.”*
2. Fred tells the waitress she is “useless” when the kitchen is backed up and his meal is slow to arrive. How could you use the formula above to give a healthy shame message to Fred?
3. Discuss: How is giving a healthy shame message different from what you’ve experienced in your life? What emotions and body feelings arise as you think about giving and receiving gentle shame messages?

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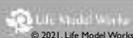
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## What is my next step?

- Study The Other Half of Church with a friend or a group
- Partner with Life Model Works Consulting to bring the Life Model to your church or organization. Contact us at [info@lifemodelworks.org](mailto:info@lifemodelworks.org).

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## Session 4: Multigenerational Community

Close eyes and breathe deeply as we begin to look at the type of loving community God wants for us.

1 Peter 2:9: But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

### Becoming a People

#### 4 Soils for Becoming a People with Full Hearts, Whole Brains

- i. Joy in our faces and God's face
  1. Share "I'm glad to be with you" at every opportunity
  2. Practice appreciation and seeing God's "glad to be with you" face
- ii. Hesed is our relational attachment to God and people
  1. Hesed: an enduring connection that brings life and all good things into a relationship (relational glue)
  2. Our brains draw life from these connections to form our character and our identity.
  3. Who we love shapes who we are.
- iii. Group identity
  1. Who are my joy and hesed people?
  2. How do we behave in various situations?
    - a. Discuss, choose statements.
    - b. Repeat identity statements regularly.
    - c. Remind each other of our identity.
  3. *Will I trust God to use you as a tool for my transformation?*
- iv. Healthy correction (1 Thess 5:14 We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone.)
  1. We remember that attachment to God and people is the goal.
  2. We remember that our weakness is not our identity.
  3. We do address weakness, remind of identity.
  4. We become gentle protectors.
  5. We encourage growth.

Life Model Works gathers people who are practicing these ideas, creatively working on this, sharing best practices with each other. Transformative community – a place to find all the resources

## Exercise: Giving a Healthy Shame Message

1. Using the formula in bold, create a healthy shame message in your group.

**“When you \_\_\_\_\_, I believe that you stopped acting like yourself. Let me remind how we act in this situation. We don’t \_\_\_\_; we \_\_\_\_\_.”**

- Example: “When you laughed at your friend’s mistake, I believe that you stopped acting like yourself. Let me remind you how we act in this situation. We don’t make fun of mistakes, we are gentle with the weakness of a friend.”

Fred tells the waitress she is “useless” when the kitchen is backed up and his meal is slow to arrive.

- How could you use the formula above to give a healthy shame message to Fred?
- Discuss: How is giving a healthy shame message different from what you’ve experienced in your life?
- What emotions and body feelings arise as you think about giving and receiving gentle shame messages?

### Final Session:

#### Q & A with Jim Wilder with Questions.

#### Resource List

- *Learning to be a Full-Brained Christ Follower* Study Groups w/Michael Sullivant
- *The Other Half of Church*, by Dr. E. James Wilder, Michel Hendricks
- *Renovated*, by Dr. E. James Wilder
- *Relational Skills in the Bible*, by Amy Brown and Chris Coursey
- *Joyful Journey*, Dr. E. James Wilder, Anna Kang, John and Sungshim Loppnow
- *Living from the Heart Jesus Gave You*, by Dr. E. James Wilder, et al.
- *Thinking Biblically about the Life Model*, by Michael Sullivant

## **Reset Your Brain's Normal to Joy, Appreciation, and Quiet with Three Proven Practices<sup>1</sup>**

1. Ask at least two people to join you in doing this exercise for 30 days.
2. Fill your Appreciation Memories List with between 5 and 10 Appreciation Memories.
  - a. Avoid the splinters of pain that come from memories of people who are no longer with you, whether through death, divorce, moving, job changes, etc. We want 10 “clean” Appreciation Memories, so you may want to start with small memories, like a lovely sunset, a delicious meal, or a smile shared with friends.
  - b. We recommend that at least 2 of these be memories that involve nature or pets. These memories tend to be helpful in restoring our relational circuits and appreciation at those times when people seem like a problem to solve.
3. Once you have 5 to 10 Appreciation Memories on your list, this is your 9-minute exercise:
  - a. Take 2 minutes to do the Shalom My Body exercises to restore your relational circuits.
  - b. Take 5 minutes to focus on your Appreciation Memories, one at a time. Set a timer so you can concentrate on your memories.
    - i. Choose one memory to begin, and fully enter into that memory, remembering how you felt in your body and emotions, and what you saw, heard, smelled, tasted, and touched at the time.
    - ii. Remain in this memory until the sense of “being there” begins to fade. Memories are like chewing gum – they can lose their flavor after chewing!
    - iii. When the flavor of the memory fades, move to another memory on your list. Again, fully enter in. Continue to do this until the 5 minutes are over.
4. After your 5-minute Memory Visit, take 2 minutes for Simple Quiet with Deep Breathing. Breathe in through your nose and out through pursed lips. Allow your diaphragm to expand.
5. Repeat this 9-minute exercise 3 times a day.
6. After the last practice of the day, take an additional few minutes to connect with

<sup>1</sup> This exercise comes from the work of Dr. E. James Wilder

- God. Simply sit quietly, ask Him what He wants you to know, and notice what thoughts come into your mind. Make notes of the thoughts that bring you peace.
7. Every few days, meet or phone your friends to share Appreciation Memories and peaceful thoughts that came during your time of connection with God. Discuss what emotions and body feelings you've experienced when you are in a state of appreciation or connection with Him.
  8. Within 30 days, your brain will be rewired to notice things to appreciate in your environment, and you'll begin to find it easier to quiet yourself in moments of anxiety, upset, or other stress. In addition, your awareness of Immanuel and your multigenerational community are off to a great start!