

How to Have Personal Renewal

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I. Introduction.

A. The problem: depression and burnout.

B. The need: personal renewal.

II. Personal renewal.

A. A Christian hero is one who has broken through to ultimate reality, has committed himself to it and lives daily by it. God is the ultimate reality who we always live by.

B. God gives us both the power to achieve and the strength to endure.. (1 Samuel 2:3)

C. God is always present, but we are often unaware of it. (Genesis 28:16)

D. The key is self-surrender. (Romans 12:1)

1. To do this and remain this way is difficult.

2. It is the Devil who is responsible for making us too busy.

3. For special circumstances, the speaker finds a place and surrenders each challenge to God individually. He then re-surrenders himself to God asking for direction in these matters if He wills.

4. Even the godly go astray in their thoughts, words and deeds. (Psalm 119)

5. We are to seek the grace of God in all of this and come humbly before Him. (James 4)

E. The renewal of the Holy Spirit. (Titus 3:5, Romans 8:11)

1. Being filled with the Spirit is like “spiritual breathing”—exhaling through confession and inhaling through prayer. (Luke 11:13)

2. One can quietly ask God for renewal by the Spirit.

3. Being filled with the Spirit ought to be second nature to us—this makes for a built in repair shop as we go along in our day.

4. We are to count it joy when trials come because they produce mature Christian character. (James 1:2-4)

F. Renewal through recreation and rest.

1. Not all recreation is restful.

2. We all need a day off. If the Sabbath is an expression of God's character, then we should continue to take it. (Mark 2:27-28)

a. It helps us to remember who we are as creatures.

b. It helps us remember that we are redeemed. (Revelation 4:11, 5:9)

G. Priorities.

1. Three keys to time management: priorities, scheduling, and discipline.

2. Some things need to be crossed off of the list.

III. Review.

A. Surrender.

B. Ask the Spirit to revive you.

C. Reorder your priorities.

Application questions

1. What are the recommended principles for renewal? Which stands out to you? Explain.

2. Why is self-surrender so critical in this process?

3. Which principle will you put into practice more regularly for self renewal? How will this look in your life?
