

# Personal Renewal

11 July 2021

Lifegate Church

## **Six pains in life made more acute in 2020/21:**

1. Grief over loss
2. Tiredness from duties
3. Brokenness in relationships
4. Loneliness & isolation
5. Fear of future world
6. Longing for predictability

<sup>34</sup> Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. <sup>35</sup> If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. <sup>36</sup> And what do you benefit if you gain the whole world but lose your own soul? <sup>37</sup> **Is anything worth more than your soul?**

*Mark 8:34-37*

“I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives.” *John 12:24*

“For me to live is Christ, and to die is gain.” *Philippians 1:21*

“My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me.” *Galatians 2:20*

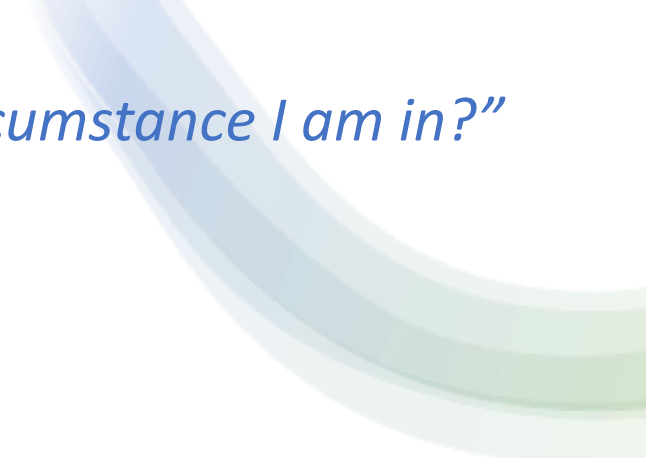
**Dying to Self** *is the key to Renewal of the soul.*

## *Pathway to renewal?*

<sup>1</sup>And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable.

This is truly the way to worship him. <sup>2</sup>Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:1-2

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1. Recognise the pain  
*“What is the pattern of my thinking in the circumstance I am in?”*
  2. Identify the Operating Beliefs  
*“Why do I think this way?”*
  3. God’s way  
*“What is God’s way of viewing the circumstances?”*
  4. Obstacles to change  
*“What does it take to change from my way to God’s way of thinking?”*
  5. Obedience  
*“What do I need to do to begin and to complete the change?”*
  6. Wait expectantly

## Week #1: Grieving with hope

Short read: <https://www.lifeway.com/en/articles/collegiate-how-to-deal-with-grief>

1. Ecclesiastes 3:1-15; 12:6 *death is not the end of but part of life*
2. John 11:17-14 *it is ok to be devastated*
3. 1 Corinthians 15:12-24 *death reminds us to worship God*
4. Luke 15:11-32 *God is hopeful restorer of life*
5. Psalm 23 *God is with us in our grief*

## Week #2: Refreshment from Tiredness

*Short read:* <https://indycrowe.com/2020/08/11/finding-refreshment-in-god-our-refuge/>

1. Leviticus 25:1-13      *Rest/Sabbath is part of life's rhythms*
2. Matthew 6:25-34      *Overworking is an issue of control.*
3. Luke 12:13-21      *Stress from amassing wealth is foolishness.*
4. Isaiah 40:26-31      *Take time to wait on God for refreshing.*
5. John 21:4-13      *Work is futile without the voice of God.*



## Week #3: Healing for the Broken

Listen to song: <https://www.praise.com/blog/thrive-worship-god-will-rebuild-ruins-your-life>

1. Psalm 34:8-22      *the Lord is close to the broken hearted*
2. Psalm 51:1-19      *the Lord heals broken and contrite heart*
3. Psalm 147:1-11      *the Lord binds the wounds*
4. Matthew 4:1-11      *the Devil attacks when we are vulnerable*
5. Matthew 7:24-27      *when rebuilding broken lives, take note*

## Week #4: Home for the Lonely

*Short read:* <https://unlockingthebible.org/2015/07/four-lies-we-believe-when-we-are-feeling-lonely/>

1. Psalm 68:1-6, 19 *God cares for the lonely and battered*
2. Genesis 21:8-21, 16:3 *God sees the invisible*
3. Psalms 42 *David's lament on loneliness in the caves*
4. Matthew 26:31-45 *The lonely path of suffering, learn from Jesus*
5. Hebrews 13:1-6 *God will never leave nor forsake his people.*

## Week #5: **Courage in uncertain times**

*Exercise:* Watch with one other in BC this week.

[https://www.youtube.com/watch?v=nW2jU1AxFiE&ab\\_channel=ABCNewsIn-depth](https://www.youtube.com/watch?v=nW2jU1AxFiE&ab_channel=ABCNewsIn-depth)

1. Do the above exercise.

2. Joshua 1:1-9

*Keep focused on everlasting word of God*

3. Jeremiah 29:1-14

*Continue with plans to flourish*

4. Revelations 3:7-13

*It will get worse before it gets better*

5. Acts 2:17-21, 42-47

*Vision of the house of God in the last days*

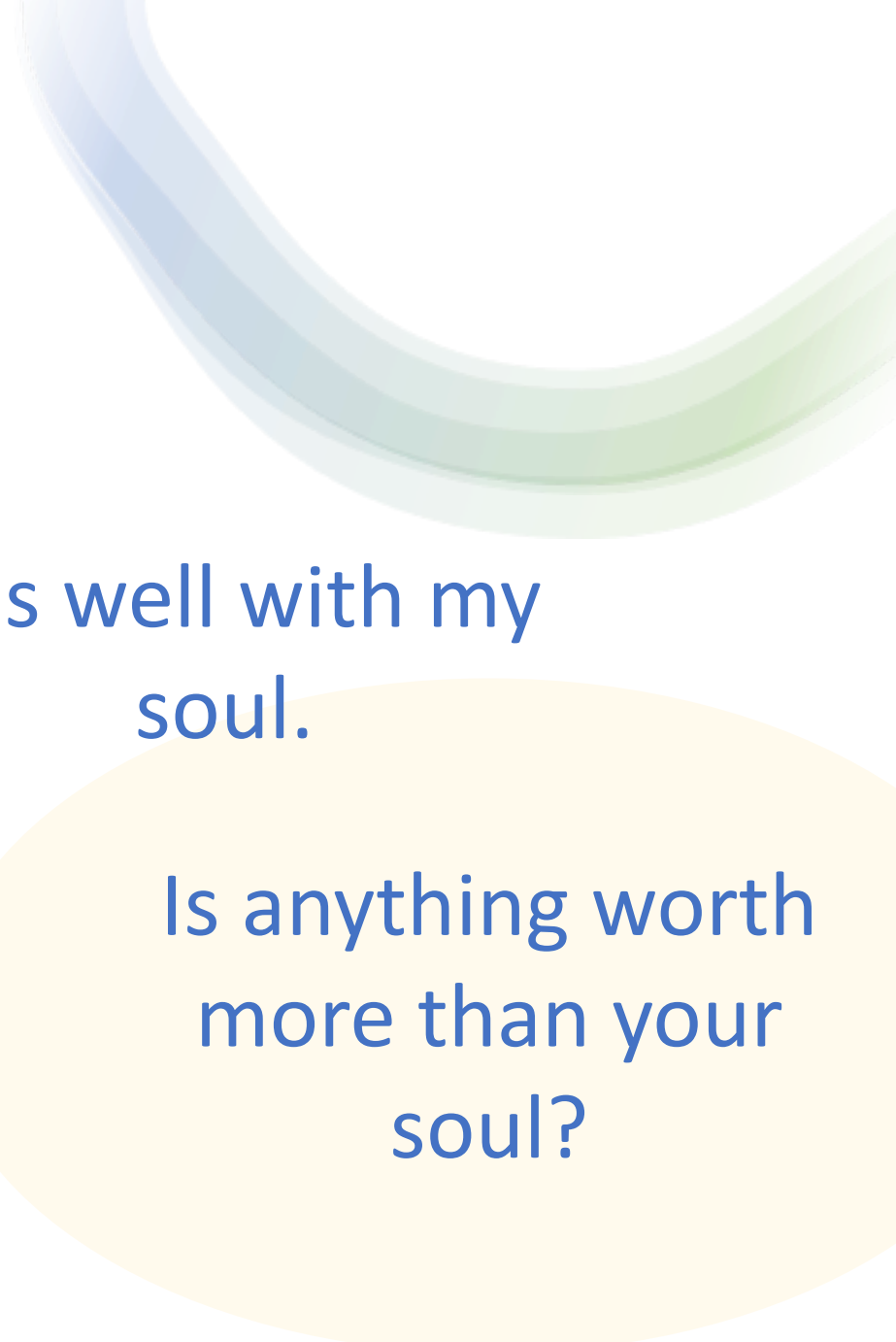
## Week #6: **Finding joy everyday**

*Short read:* <https://justbetweenus.org/life/faith-and-feelings/joy-for-the-journey/>

1. Matthew 6:5-18 *new confidence in God for the day*
2. Philippians 4:4-8 *focus on excellent things*
3. Psalm 19:1-11 *we can find God everywhere*
4. Colossians 3:12-17 *keep short accounts with God and others*
5. James 4:11-17 *my life is like mist*

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Philippians 4:12-13



It is well with my  
soul.

Is anything worth  
more than your  
soul?