



Renewed and Refreshed

Getting Renewed and Refreshed when you are tired and exhausted

What causes exhaustion?

Renewal means

- **Dictionary:** to make new; restore freshness, life, or quality” or “to make spiritually new.”
- **Bible Dictionary:** Physical rest
- 23 A PSALM OF DAVID.
- 1 The LORD is my shepherd; I shall not want.
- 2 He makes me lie down in green pastures.
- He leads me beside still waters.
- **3 He restores [renews] my soul.**
 - **What does restore of one soul means?**

Soul vs Spirit

- 12For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division [dividing] of **soul and spirit**, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. 13And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.

What is the difference?

Soul vs Spirit

- **Spirit inspires**, while soul delves deep into the complexities of an issue. Spirit likes to have a planning meeting; **soul** likes to have a long and **deep conversation**. Spirit sets goals; **soul** plods along, going **deeper** all the way. Spirit prefers detachment, while the **soul sinks into** its attachments to places, people, and home.
- Moore, Thomas. Care of the Soul Twenty-fifth Anniversary Edition: A Guide for Cultivating Depth and Sacredness in Everyday Life (p. 2). Harper Perennial. Kindle Edition.

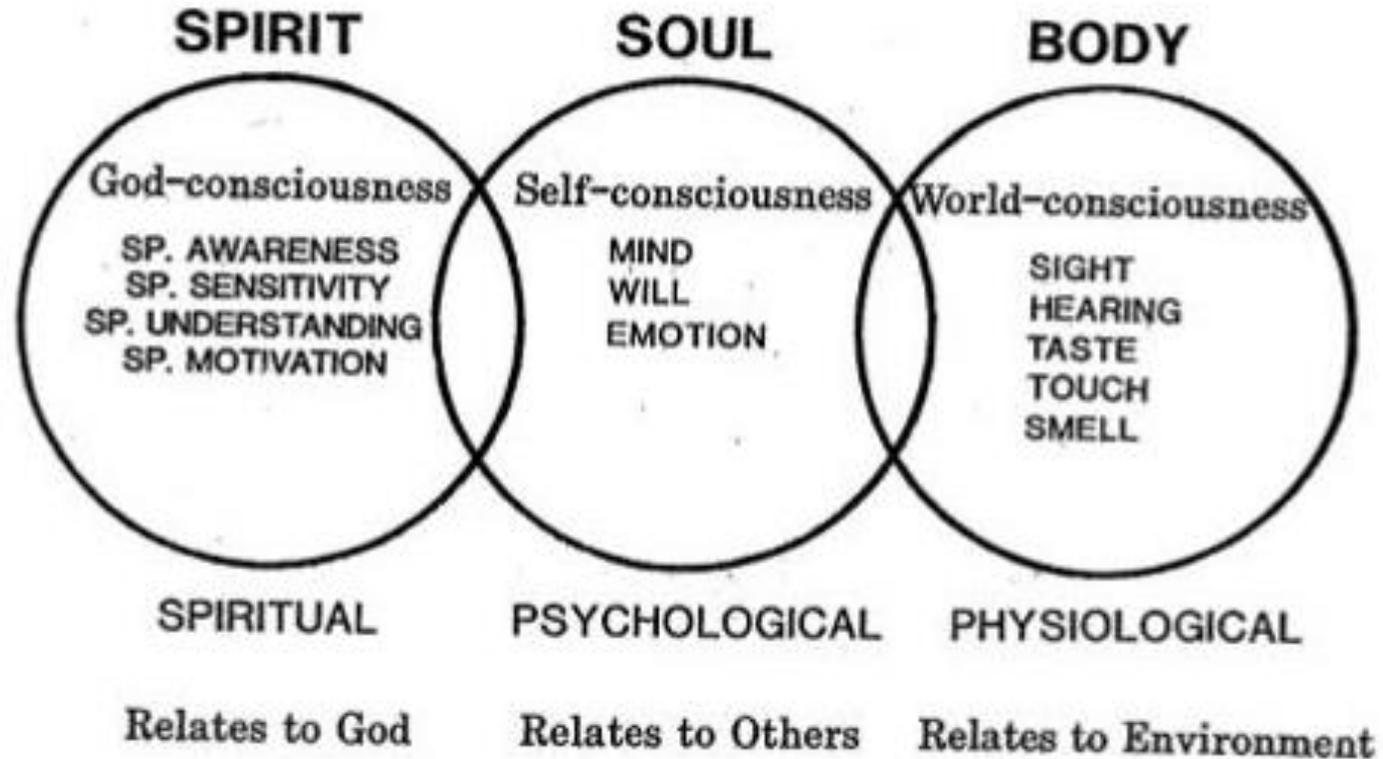
Soul vs Spirit

- THE **SOUL**, is an integration of three parts, the Mind, Will and Emotion.
- The soul is the center between the spirit and the body.
- The soul regulates and controls what goes to the spirit and also reveals the feedback from the spirit to the body.

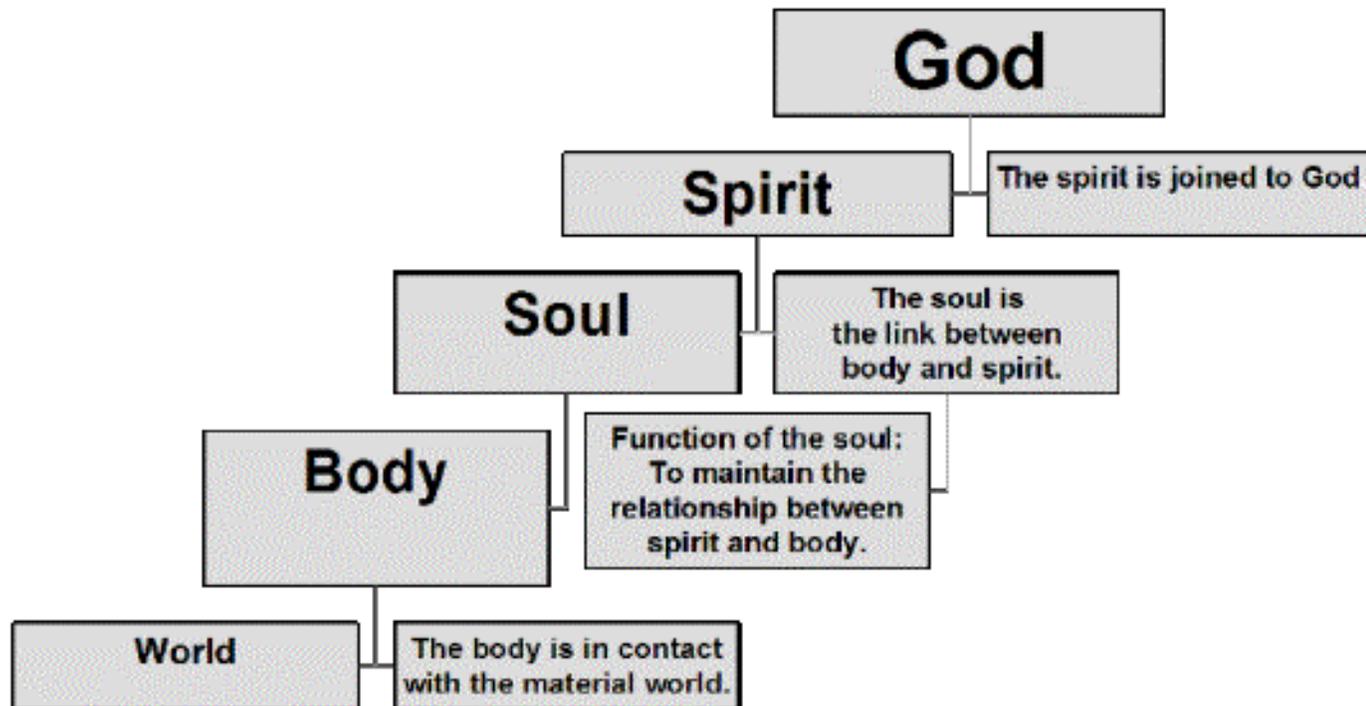
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- **THE SOUL**, is an integration of three parts, the Mind, Will and Emotion.
- The **SOUL** is the center between the spirit and the body.
- **THE BODY**, *is the physical structure of a man which he uses to relate to the environment. That is, **hearing, feeling, seeing, smelling and tasting** all come from the body.*

Soul vs Spirit



Soul vs Spirit



- The body gets information from what he hear, feels, sees, smell and taste and transmits that information to the soul. The soul then takes it, believes it and deposits it to the spirit.
- The spirit receives that information it gets from the soul and tries to make sense of it. The spirit conceives and analyzes the information. Then the spirit gives direction to the soul to tell the body what to do.

Soul vs Spirit

- How do we refresh the deepest places inside of us?
- The broken feelings, the emotional roller coasters, the uneasy mind, the confused will

Renewal / Restoration was first through Christ

- 16 “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. (John 3:16)
- Genesis 2:16-17 New Revised Standard Version (NRSV)
- 16 And the Lord God commanded the man, “You may freely eat of every tree of the garden; 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”
- Renew – once was new, and I will make it new again.
- Eternal – always in a state of newness. Never become old, and need renewal.

Renewal / Restoration was first through Christ

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Renew your mind

- I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:1–2)

Renew your mind

- The will of God
- The sovereign will of God
- The revealed will of God
- The reflected wisdom will of God

Renew your mind

The will of God

- The sovereign will of God
- “He does according to his will among the host of heaven and among the inhabitants of the earth; and none can stay his hand” (Daniel 4:35).
- “Our God is in the heavens; he does all that he pleases” (Psalms 115:3).

Renew your mind

The will of God

- The moral will of God
- “Whoever does the will of God abides forever” ([1 John 2:17](#))—implying some don’t.
- “The Lord is not willing that any should perish, but that all should reach repentance” ([2 Peter 3:9](#))—yet some do perish.
- The moral will and the sovereign will clashed
- “Do not kill the innocent” ([Exodus 23:7](#)).

Renew your mind

The will of God

- The moral will and the sovereign will clashed
- “Do not kill the innocent” ([Exodus 23:7](#)).
- “Truly in this city there were gathered together against your holy servant Jesus, whom you anointed, both Herod and Pontius Pilate, along with the Gentiles and the peoples of Israel, to do whatever your hand and your plan had predestined to take place” ([Acts 4:27–28](#)).

Renew your mind

The will of God

- “He works all things according to the counsel of his will” ([Ephesians 1:11](#)).
- “All his works are right and his ways are just” ([Daniel 4:37](#)).

Renew your mind

The will of God

I will be transformed by the renewal of my mind, that I may discern what is the will of God, what is good and acceptable and perfect.”

Jesus on the mountain of *transfiguration* (the mountain of “transformation” — same word, *metemorphōthē*): “And he was *transfigured* before them, and his face shone like the sun, and his clothes became white as light”. Matthew 17:2

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Renew your mind

The will of God

You can avoid all kinds of worldly behaviors and *not* be transformed.

“Then the righteous will shine like the sun in the kingdom of their Father” (Matthew 13:43).

The Christian alternative to immoral behaviors is not a new list of moral behaviors. It is the triumphant power and transformation of the Holy Spirit through faith in Jesus Christ. “[God] has made us sufficient to be ministers of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit gives life” ([2 Corinthians 3:6](#)). So transformation is a profound, blood-bought, Spirit-wrought change from the inside out.

Renew your mind

The will of God

So transformation is a profound, blood-bought, Spirit-wrought change from the inside out.

How?

The mind has a “spirit.” In other words, our mind has what we call a “mindset.” It doesn’t just have a view, it has a viewpoint. It doesn’t just have the power to perceive and detect; it also has a posture, a demeanor, a bearing, an attitude, a bent.

“Be renewed in the *spirit* of your mind.”

Renew your mind

Our minds are fallen

Romans 1:28, “Since they did not see fit to acknowledge God, God gave them up to a debased mind.”

Titus 3:5 where Paul says this: “[God] saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and *renewal of the Holy Spirit.*”

Renew your mind

2 Corinthians 3:18: And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

2 Corinthians 4:4, “The god of this world [Satan] has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ.”

Renew your mind

In order to be renewed the Spirit has to work two sides: Inside and Outside

Inside

- The Spirit must break the hard heart that blinds and corrupts the mind.

Outside

- The Spirit must change our actions and walk to reflect a humble servant like how Christ humbled himself.

Renew your mind

1. Set your mind on Christ
2. Set your mind on Faith in His Word
3. His Word will shape your mind into his Sovereign Will

Renew your mind

- The revealed will of God
- ¹⁸ For the wrath of God is revealed from heaven against all ungodliness and wickedness of those who by their wickedness suppress the truth. ¹⁹ For what can be known about God is plain to them, because God has shown it to them. ²⁰ Ever since the creation of the world his eternal power and divine nature, invisible though they are, have been understood and seen through the things he has made. So they are without excuse; ²¹ for though they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their senseless minds were darkened. ²² Claiming to be wise, they became fools; ²³ and they exchanged the glory of the immortal God for images resembling a mortal human being or birds or four-footed animals or reptiles. Romans 1:18-23

Renew your mind

- Before we come to a saving faith in Jesus Christ, we are dead in our sins Ephesians 2:1 says, You were dead through the trespasses and sins
- 2 Corinthians 5:17, ¹⁷ So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!
- Romans 6:11, ¹¹ So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Renewing your mind means being in Christ.

How to be in Christ to get our mind renewed

- Matthew 4:4 we learn *Man shall not live by bread alone, but by every word that comes from the mouth of God.*
- _____
- Joshua 1:8 encourages us to meditate on His word, *...day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

How to be in Christ to get our mind renewed

- And Psalm 119:105 affirms that His word *...is a lamp to my feet and a light to my path.*
- His word gives me _____.
- “Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.” (Psalm 143:8)

How to be in Christ to get our mind renewed

- “The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”
- Lamentations 3:22–23, And through our trials, we know that “Weeping may last through the night, but joy comes with the morning. (Psalm 30:5).
- *And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. (1 Peter 5:10)*