



RENEW

Devotional Guide
A 7-Day Journey to Finish Healthy & Begin New

Frederick L. Smith



Welcome TO RENEW

Thank you for choosing to pause.

In a world that rewards speed, productivity, and constant forward motion, you are choosing something countercultural; you are choosing renewal. Not escape. Not numbing. Not rest simply for relief, but intentional formation with God.

This devotional accompanies the RENEW Bible study taught by Frederick Smith, pastor, coach, and co-founder of Ginomai, and invites you into a deeper kind of formation, where biblical truth meets embodied practice and faithful leadership of one's life.

Renewal is not automatic, nor does it arrive with a new season or a lighter schedule. It is formed daily, quietly, and faithfully in partnership with God. Many finish hard seasons relieved but unchanged; God's invitation is deeper—to renew the inner life so what comes next is not driven by old patterns or unmanaged exhaustion.

Over the next seven days, slow your pace, examine your thinking, and embody the way of Jesus in sustainable ways. Move gently. Notice what surfaces. God is not forcing change—He is forming you into who you were always meant to be.

Frederick L. Smith



**WATCH OR REVISIT THE RENEW
BIBLE STUDY LIVESTREAM**



Day 1

THE INVITATION TO RENEW

Scripture: Romans 12:2

Devotional Reflection:

There comes a moment when rest is no longer enough. You may have slowed down. You may have recovered strength. But something deeper is still asking for attention.

Paul reminds us that transformation begins not with effort, but with renewal. Not with trying harder, but with thinking differently. Renewal is God's invitation to allow Him to reform the inner life—so our outer life follows.

Before you move forward, God often pauses you long enough to ask: Are you willing to be changed?

Practice:

Write a brief reflection:

- Where do I sense the need for renewal right now?
- What patterns am I tired of carrying?

Embodied Action:

Create 10-15 minutes of quiet today. No agenda. Just awareness.

Prayer:

"God, I am open. Show me where renewal is needed."

Day 2

REMOVE WHAT DISTORTS

Scripture: Ephesians 4:23; Mark 8:32–33

Devotional Reflection:

Renewal requires honesty. Some thoughts feel familiar—but familiarity does not equal truth. Peter loved Jesus deeply, yet resisted Him strongly because his thinking was misaligned with God's way.

Resistance is often not rebellion—it's unrenewed thinking. To renew, we must name what distorts our vision of God, ourselves, and our future.

Practice:

Identify one recurring thought that fuels fear, shame, or control. Write it down. Then write a truth from Scripture that confronts it.

Embodied Action:

Each time the old thought surfaces today, pause and replace it with truth—out loud if possible.

Prayer:

"Heavenly Father, Renew my mind. Remove what no longer aligns with You. Show me where I am resisting

Day 3

ENGAGE WHAT FORMS

Scripture: Philippians 4:8-9

Devotional Reflection:

What we allow into our minds and hearts quietly shapes the direction of our lives. Paul urges us to dwell on what is true, noble, and life-giving—not what merely consumes attention.

Renewal requires intentional engagement. Not everything available is beneficial. Not every voice deserves influence.

Formation always follows focus.

Practice:

Fast today from one source of anxiety-producing content (news, social media, toxic conversation).

Embodied Action:

Replace it with Scripture reading, silence, worship, or a life-giving conversation.

Prayer:

“Teach me to engage what leads to peace and obedience.”



Day 4

NARROW FOR FAITHFULNESS

Scripture: Colossians 3:1-2; Isaiah 40:31

Devotional Reflection:

We often confuse fullness with faithfulness. Yet Scripture calls us to set our minds on what matters most—not everything that demands attention.

Renewal often begins with simplification. When life is cluttered, clarity is lost. When priorities are scattered, strength is drained.

God renews strength when we learn to wait—and waiting often means narrowing.

Practice:

List everything currently demanding your time and energy. Circle what is essential for obedience and health.

Embodied Action:

Release, pause, or reschedule one nonessential commitment today.

Prayer:

“Help me simplify my life so I can live faithfully.”

Day 5

EMBODY THE WAY OF JESUS

Scripture: Colossians 3:10; 2 Corinthians 4:16

Devotional Reflection:

Renewal does not happen through admiration alone. It happens through imitation. Scripture calls us to put on the new self—formed through knowledge and practice of Christ’s way.

Formation is not informational. It is embodied.

We renew not by knowing more about Jesus, but by practicing life with Him.

Practice:

Choose one practice to engage in today:

- Silence and solitude
- Scripture meditation
- Intentional prayer
- Simplicity
- Generosity

Embodied Action:

Practice it slowly and attentively.

Prayer:

“Form Christ in me through obedience.”

Day 6

WALK WITH ATTENTIVENESS

Scripture: Romans 8:14; Isaiah 40:31

Devotional Reflection:

Renewal is not meant to end—it is meant to carry forward. God renews strength so we can run with endurance, not return to old patterns.

As this journey ends, a new rhythm begins. What God has initiated, you are now called to steward.

Practice:

Begin the day asking:

“Holy Spirit, what are You inviting me into today?”

Embodied Action:

Act on one small prompting without overanalyzing.

Prayer:

“Help me walk closely and respond faithfully.”

Day 7

INTEGRATE & CONTINUE

Scripture: Isaiah 40:31

Devotional Reflection:

Renewal is not meant to end—it is meant to carry forward. God renews strength so we can run with endurance, not return to old patterns.

As this journey ends, a new rhythm begins. What God has initiated, you are now called to steward.

Practice:

Write a short Renewal Commitment:

- One thought pattern to guard
- One practice to continue
- One priority to protect

Embodied Action:

Share one insight from this week with someone you trust.

Prayer:

“Strengthen me to live renewed beyond this moment.”



RENEW

Closing Declaration

I choose renewal over rush.

Formation over familiarity.

Faithfulness over frenzy.

I will finish healthy.

I will begin renewed.

And I will Begin to Be who God is forming me to become.