

# Spiritual Renewal Guide

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## rest

- Matthew 11:28-30 "Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.'"
- John 14:27 "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

"Lord, what do You want me to know about rest?"

## recover

- Psalm 62:1 "In God alone my soul finds rest, for my deliverance comes from God, who alone is my rock, my salvation, my fortress: I will never be shaken."
- Psalm 91:1-4 "Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him. For he will rescue you from every trap and protect you from deadly disease. He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection."

"Lord, what does rest and recovery look like for me this season?"

## reflect

- Psalm 77:12 "I will reflect on all you have done and meditate on your actions."
- Lamentations 3:22-23 "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

"Lord, what do you want me to remember and see?"

## repent

- Psalm 139:23-24 "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
- Acts 3:19 "Repent therefore, and turn back, that your sins may be blotted out."
- Repent Biblical definition: change one's mind, turn around.

"Lord, show me where I haven't trusted you and done things on my own."

## rejoice

- Psalm 9:1 "I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds."
- Hebrews 12:28 "Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe."

"Lord, I celebrate and worship you for what You have done in my life!"

## receive

- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."
- 2 Corinthians 9:8 "And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."

"Lord, I receive Your wisdom, gifts, and assignment for me."

## rise

- John 15:16 "You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you."
- 1 Peter 4:10-11 "Use whatever gift you've received for the good of one another so that you can show yourselves to be good stewards of God's grace in all its varieties. If you're called upon to talk, speak as though God put the words in your mouth; if you're called upon to serve others, serve as though you had the strength of God behind you. In these ways, God may be glorified in all you do through Jesus the Anointed, to whom belongs glory and power, now and forever. Amen."
- John 14:26 "But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you."

"Lord, I rise up in Your power and strength to do what You've called me to do."