



New Spirit Radio - Playlist - 10-13-24 - Rejuvenation

Self-care, take time for yourself, take a digital detox fast, go to church (fellowship, in person message, energy of the building vs at home and online. New job, new or re-energized hobby, relocation.

Rejuvenation makes something old seem young again. It is the new day, the fresh outlook, the sunshine seems twice as bright after the storms have passed. To rejuvenate, one must pull back, or fall back as they say, from the drama and madness of life's circumstances. There is a lot of good in this world, in our lives, but if we are feeling stuck, burned out or uninspired, it is hard to see and it's hard to fight for. So I ask you. Do you make time to rejuvenate? How do you rejuvenate?

Our Words of the Week

- **Psalm 23:2-3** - He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name

Psalm 23 is about trusting in God and enjoying His presence. It also conveys themes of God's care, assurance, defense, and supply. The psalm compares God to a skilled shepherd who leads his sheep to food and water, and protects them from harm. David praises God for giving him peace. The knowledge of God's protection and provision are a great comfort.

- **Isaiah 40:31** - Those who hope in the Lord will renew their strength

- **Romans 8:11** - The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

Romans 8 also makes it clear that every believer has the Holy Spirit in them.

Super Blessed Music Set

- Anne Nesby & Jasper Street Company - Praisin' His Name
- Mpho Masilo, Dirty Harry, Harry St. Clare - Open My Heart (Dirty Harry Classic House Vocal Mix)
- UnCle B, Shay, Deepo - Thank You (Deepo Vocal Mix)
- Soulfunky, Libby Redman, One Voice Gospel Choir - His Blood (Has Set Me Free) (DJ Spen - Gary Hudgins Remix)
- Hezekiah Waker, Supreme - God Favored Me (Church Out Doubt Remix)
- Tasha Cobbs, Supremetheremixer - Break Every Chain (Up Lifting Mix)
- Ronnie Herel, Kenny Thomas - The Sun Will Rise Again (DJ Spen - Gary Hudgins Remix)
- Bebe Winans - Thank You (MAW 12' Mix)
- Mary Mary - In The Morning (Maurice Joshua Mix)
- Aaron K. Gray, Mark Francis, DJ Spen - I Need You Now (Mark Francis - DJ Spen Extended Vocal Mix)
- Byron Stingily, Sean McCabe - It's All Jesus (Sean McCabe Remix)
- The Wayouts - Surrounded (Honeycomb Vocal Mix)

AI's Affirmations

- Today, I choose to rest and rejuvenate my body and mind.
- I take this time to recharge my spirit and soul.
- As I rejuvenate my spirit, I choose faith over fear and peace over perfection.
- The Spirit of God in me carries me beyond what my strength alone can endure!

Let Us Pray -

Lord, I admit that I need a fresh surge of supernatural power in my life right now. I ask You to release the resurrection power of Jesus Christ that resides in my spirit. Let it flow up into my body and mind so I can be rejuvenated and recharged with enough power to fulfill all the responsibilities and duties that lie before me. I know that in my own strength, I can't do everything that is required of me in the days ahead. But I also know that with Your supernatural power working in me, I will be able to do everything You have asked me to do!