

**Sunday 1/14/2024 – RENEWAL**

**Luke 5:16 MSG**

Soon a large crowd of people had gathered to listen and be healed of their sicknesses. As often as possible Jesus withdrew to out-of-the-way places for prayer.

**Luke 22:39-44 NLT**

Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. There he told them, “Pray that you will not give in to temptation.” He walked away, about a stone’s throw, and knelt down and prayed, “Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.” Then an angel from heaven appeared and strengthened him. He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.

This is what we see Jesus model. He took time away from his important work and ministry to be renewed. He would withdraw so that he could gain the strength to continue on.

“We don’t develop new patterns by unearthing old ones; we develop new patterns by intentionally behaving in new ways” - Henry Cloud

To Renew means to:

- the replacing or repair of something that is worn out, run-down, or broken.
- changing into something new and different, something better.
- to make like new or restore to freshness.

“I could [give you a pill to make you feel better], but it would only mask the real problem. You need to recharge, then reflect on what the trigger points were and finally restructure the way you’re living...but the first step is to recharge. And that takes time”. WAYNE CORDEIRO, *Leading on Empty*



**Questions to think about get to the renewal I need...**

What is the area I am most empty in?

What is going to bring me renewal in this area?

When can I carve out time to refill in this area?

**How Do I make this happen?**

Start Small

Rely on God's strength.

**Psalm 51:10-12 NIV**

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Do not cast me from your presence or take your Holy Spirit from me.

Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.