



### Renew My Strength

*He strengthens those who are weak and tired.  
Even those who are young grow weak;  
young people can fall exhausted.  
But those who trust in the Lord for help  
will find their strength renewed.  
They will rise on wings like eagles;  
they will run and not get weary;  
they will walk and not grow weak.*

Isaiah 40:29-31 (GNT)

### Our strength is renewed through:

*There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.*

Hebrews 4:9-11 (NIV)

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

2 Corinthians 4:16 (NIV)

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*"I receive My nourishment by serving the will of the Father who sent Me and completing His work."*

John 4:34 (VOICE)

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*But Jesus often withdrew to lonely places and prayed.*

Luke 5:16 (NIV)

*On the day I needed You, I called, and You responded and infused my soul with strength.*

Psalms 138:3 (VOICE)

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### Recommended Resources

- *An Unhurried Life*, by Alan Fadling
- *Soul Keeping*, by John Ortberg
- *Rest: Living in Sabbath Simplicity*, by Keri Wyatt Kent and Pam Ward
- *Prayer Coach*, by James L. Nicodem



## Restart Week Three

**Opening Prayer:** God, thank you for offering us this space to process as friends. Help us to maximize our time with life giving conversation and an awareness of your powerful presence.

This week's talk focused on us being renewed.

- Share some activities you have engaged in the past that bring you life. How has this list of life-giving activities evolved through the seasons? Are there things on this list you haven't done in a long time?
- In your current schedule, how often do you get to engage in life-giving activities? Why is that the case?

### **Read Isaiah 40:29-31**

The Bible teaches of an inner strength and inner power God makes available to us that can help us get through life — despite stressors and circumstances. However, many times we miss out on these gifts because we focus on trying to find or create strength in our outer life, and not the renewal God offers us from the inside out.

While our outer life or layers have core purposes and resources, it's our inner life, or our true self, that best taps into this strength and power given by God.

- Share about a time you needed strength or power and you focused on changing something about your outer life and missed out on what God had to offer you.
- Share about a time you needed strength or power and you turned your inner self towards God. How were the results different?

### **Read Hebrews 4:9-11 (NIV)**

#### **Inner Renewal Method #1: Sabbath**

'Sabbath' means to cease, to stop and slow down. Honoring the Sabbath is about trusting God and letting go of our need to try and hold the world together; the Sabbath is trusting six days of work with God are better than than seven days of work with it all depending on us. God invites us to start our week with a slow day of intentionally being aware of his presence, doing activities that bring us life, and trusting the world can function without us carrying the load.

- Do you know someone who both manages to get things done well and successfully embraces a regular rhythm of rest and fun in their life? Share your observations and insights about this person.
- With respect to your current reality, considering things like kids and finances, what would an ideal and realistic Sabbath look like?

### **Read 2 Corinthians 4:16 (NIV)**

- In the midst of your everyday life, is there an activity you can engage in regularly that renews you?

### **Read John 4:34 (Voice)**

#### **Inner Renewal Method #2: Service**

When you read the stories of Jesus we see repeatedly that Jesus found great satisfaction and inner strength in doing the will of God. When we are living totally for ourselves — our wants, our needs, our kingdom — we miss out on the energy and gift that comes from giving love to others.

- When have you experienced the renewal that comes from serving others? The act of service may be small or large for us to experience renewal.

### **Read Luke 5:16 (New International Version)**

#### **Inner Renewal Method #3: Prayer**

Prayer is the way that the life of God nourishes us. The Bible teaches us that we can pray using our words, through our painful groans, and through silently setting our focus on God. While prayer can drastically impact external details, we can trust that an open posture of prayer has the capacity to change us on the inside and renew.

- Have you experienced renewal through prayer? Share about that experience.
- Is there a situation in your life you want God to change or you want to experience inner renewal with?

### **Read Psalm 46:10**

Take a few minutes as a group to silently focus your attention on God. Start your time by letting God know you want to experience his renewal, strength and power from the inside out. Let God know you are open to hearing from him with words, images or ideas that will enable you to tap into his source more.

- If you want, share about your silent time as a group. Did you hear or experience God? Was the silence hard? What helped you calm yourself in the silent minutes? Or what left you most anxious?

**Closing Prayer:** God, we want to know the strength and power and renewal you offer us. Help us to honor our truest self by slowing down regularly enough and soaking in the fun and renewal you offer us.

**Challenge: Join us for our 14 day prayer challenge. Grab the guide be visiting:**

[eastlakechurch.com/chula-vista/14-days-of-prayer](http://eastlakechurch.com/chula-vista/14-days-of-prayer)