



NEW COVENANT CHURCH

RENEW

The Best Version of You

*Therefore we do not lose heart. Even though
our outward man is perishing, yet the
inward man is being renewed day by day.*

PASTOR BRYAN HUDSON, D.Min.

2 Corinthians 4:16

*Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being **renewed day by day.***

Hebrews 12:27

*Now this, "Yet once more," indicates the removal of those things that are being shaken, as of things that are made, **that the things which cannot be shaken may remain.** 28 Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with reverence and godly fear.*

We need daily renewal to be sustained in times of shaking.

Q: What time is it? ~ A: It is a time of shaking.

Q: Why? ~ A: To shake loose shaky (man made) things .

Q: To what end? ~ A: So (God made) things which cannot be shaken may remain.

What is Renewal?

The background of the image is a landscape photograph. It shows a range of mountains in the distance, their peaks partially obscured by a soft, hazy atmosphere. In the foreground, there are silhouettes of trees and shrubs, their dark forms contrasting with the lighter sky. The sky itself is a mix of deep blues, purples, and oranges, suggesting the time is either dawn or dusk. There are some lens flare effects visible, adding to the artistic quality of the background.

2 Corinthians 4:16 *"...The inward man is being renewed day by day."*

Renewed means = *"Being made new, renovated, refreshed continually."* The present tense indicates ongoing, daily renewal.

God does the renewing! You cannot renew yourself.

How to Be Renewed

R - Rest & Repent

E - Experience Fullness

N - Never cease prayer

E - Endure: Cast Cares on the Lord

W - Wait on exchange of strength

How to Be Renewed

Rest & Repent = *“Change Your Mind”*

Hebrews 4:10, *For he who has entered His rest has himself also ceased from his works as God did from His.*

Psalms 4:8 NLT, *In peace I will lie down and sleep, for you alone, O LORD, will keep me safe.*

How to Be Renewed

Sleep is Essential - A Lack of Sleep is Like Being Drunk

Charles A. Czeisler, the Baldino Professor of Sleep Medicine at Harvard Medical School, has explained how sleep deprivation undermines high performance. Having a week of sleeping just four or five hours a night actually **“induces an impairment equivalent to a blood alcohol level of 0.1%.”**

McKeown, Greg . Essentialism (pp. 97-98). Crown.

How to Be Renewed

Rest & Repent = *“Change Your Mind”*

Acts 3:19, *Repent, then, and turn to God, so that your sins may be wiped out, that **times of refreshing** may come from the Lord.*

2 Corinthians 7:9, *Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing.*

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How to Be Renewed

Experience Fullness

Psalm 16:11, *You will show me the path of life; In Your presence is **fullness of joy**; At Your right hand are pleasures forevermore.*

John 1:16, *And of **His fullness** we have all received, and grace for grace.*

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Pray Without Ceasing

1 Thessalonians 5:16-18, *Rejoice always, **pray without ceasing**, in everything give thanks; for this is the will of God in Christ Jesus for you.*

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How to Be Renewed

Endure: Cast Cares on the Lord

2 Timothy 2:3, *You therefore must **endure hardship** as a good soldier of Jesus Christ. 4 No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier.*

1 Peter 5:6, *Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 **casting all your care upon Him**, for He cares for you.*

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How to Be Renewed

Wait on exchange of strength

Isaiah 40:30, *Even the youths shall faint and be weary, And the young men shall utterly fall, 31 But those who **wait on the Lord** Shall **renew their strength**; They shall mount up with wings like eagles, They shall run and not be weary, **They shall walk and not faint.***