

## Small Group & Personal Study: 24/7 Discipleship Series – Daily Renewal

This week we are going to look at where we go to renew our strength and how we can dip into the well of living water and be refreshed.

### Memory Verse: 2 Corinthians 4:18

*So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.*

### Daily Reading:

Day 1 – 2 Corinthians 4:7-18

Day 2 – Isaiah 40:1-11

Day 3 – Isaiah 40:12-26

Day 4 – Isaiah 40:27-31

Day 5 – Isaiah 41:1-10

Day 6 – Isaiah 41:11-29

Day 7 – Colossians 3:1-17

### Lesson: Renewed Daily Strength

1. Review our memory verse, 2 Corinthians 4:18 and then read Colossians 3:1-17 together. What is the object of our renewal found in this text? How does that provide daily renewal for you?

It is clear in these scriptures that we are to fix our eyes on Christ and on the things above that are eternal in Him. When I begin to fix my focus on Christ and Him alone then I am encouraged no matter what is going on in my daily life because I begin to have an eternal perspective on all things. An eternal perspective allows the things of this world to be much less significant. I focus on Christ as King, not political issues. I focus on Christ as Lord, not money and possessions. I focus on Christ as my closest companion, not people who let me down. I focus on a victory won rather than a battle I am in.

2. How do you go about the process of setting your heart and mind on things above and Christ who is seated on the throne in all His glory?

Let everyone share how they put their heart and mind on Christ.

3. What are we told to put on daily in Colossians 3?

There are several correct answers so let everyone share and search for truth. In Colossians 3 we hear that we are to put on a new self. We are to let the peace of Christ dwell in our hearts. We are to put on the character of Christ by clothing ourselves with compassion, kindness, humility, gentleness and patience and we are to forgive. And in verse 14 it says above all put on love. We know that these things listed are the fruit of the Spirit (Galatians 5:22) and it is the power of Christ in us that allows us to be clothed by such things.

4. After reading through Isaiah 40 and 41, share any verse that God has spoken renewal into your life this week.

These are powerful chapters and God has really spoken to me in Isaiah 40:28-31. He says in verse 31 that to those who hope in the Lord he will renew our strength and we will soar like eagles. I will never grow weak in Him. This is a picture of freedom and power in Christ to me. I can live in

that freedom and power everyday if I will simple remember His promise and trust Him completely.

### **The Discipline of Daily Renewal**

More than any other discipleship principle this one will require the truth of God to work in you as you fight off the lies of Satan and accept the truth of God. In Acts 3:19 the Bible says that when we repent and turn to God not only do we receive the forgiveness of sins but we receive a time of refreshing from the Lord. I like the way the Message says it, *“Turn to face God so he can wipe away your sins, pour out showers of blessing to refresh you, and send you the Messiah he prepared for you, namely, Jesus. For the time being he must remain out of sight in heaven until everything is restored to order again just the way God, through the preaching of his holy prophets of old, said it would be.”*

Renewal and strength to go through life day by day comes through taking time each day to stop, remember, trust and to be encouraged by seeing believing with your heart that Jesus is Lord.

#### **1. Jesus, Lord of the Cross died for my sins so that I might live with Him.**

- *“I am the good shepherd. The good shepherd lays down his life for the sheep.”*  
John 10:11
- *“I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die.”* John 11:25-26

#### **2. Jesus, Lord of the throne who reigns in power and justice over all things so that I might release every fear and every need to Him and look forward to being in His glory forever and ever.**

- *Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* Hebrews 4:14-16
- *“Come to me, all you who are weary and burdened, and I will give you rest.”*  
Matthew 11:28

#### **3. Jesus, Lord of my heart promises to be with me always and be my strength and my refreshing.**

- *God has said, "Never will I leave you; never will I forsake you. So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?" Hebrews 13:5-6*
- *"Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me." John 15:4*
- *"And surely I am with you always, to the very end of the age." Matthew 28:20*