Feeling dry? Tired? Overwhelmed? Out of rhythm?

IT IS TIME FOR SPIRITUAL RENEWAL

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."
Matt 11:28-30

Renewal

Renewal - What does this mean? Well according to the Collins Dictionary it has three meanings

SINGULAR NOUN- If there is a renewal of an activity or a situation, it starts again.

VARIABLE NOUN - The renewal of a document such as a license or a contract is an official increase in the period of time for which it remains valid.

UNCOUNTABLE NOUN - Renewal of something lost, dead, or destroyed is the process of it growing again or being replaced.

When we think of this word in a spiritual context it often means an awakening, re-birthing or a coming back to the heart of something. As we journey through this new series our hope is that you will be :

Renewed with God

And I will give them singleness of heart and put a new spirit within them. I will take away their stony, stubborn heart and give them a tender, responsive heart. Ezekiel 11:19

Renewed with Church

So that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it. 1 Corinthians 12:25-26

Renewed with Community

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10

Majors Dianne and Andrew Jarvey

P.R.A.Y

For our Renewal series we are going to look at using a new method to help us reflect and meditate on God's word. This method is called the P.R.A.Y method.

P *Praise*

Start by praising God: telling him who He is to you and what you are thankful for. This will get your heart in the right place as you begin connecting with God in prayer.

R *Repent*

Next, move into a short time of repentance: admitting to God your faults and allowing him to convict you of the things that are wrong in your life. This is the natural response of a sinner in the presence of a sinless God.

A *Ask*

Prayer requests are what most people think of when they envision prayer, and that's the third step in this method. Philippians 4:6 teaches us that we should confidently present our requests to God.

Y *Yeild*

The final step is to spend some time yielding to God: stopping and quieting your heart to hear from God. This is probably the most difficult step in prayer, but it's worth the effort to make it a habit. At the end of the day, prayer is about submitting to God.

You're admitting that He is sovereign in your life. In prayer, we tell God that He is God and we are not.

P.R.A.Y

In this devotional we have given you some scriptures to reflect on. It is our hope that through the P.R.A.Y. reflection exercise, the flame of your prayer life would be fanned.
Renewal can only happen in our relationship with God as we spend time with him and allow him to take us to new places.

Over the next 4 weeks we are going to look at Prayer- Renewal with God- Church and Community.

These moments in this devotional are yours for the making. We cannot create them for you as you will need to make them a priority. If we really want to see a spiritual renewal within our community it must first start with us.

This season has provided many challenges but the one thing it has provided for each of us is more time at home. What we choose to do with our time speaks to the state of our hearts.

We encourage you to really use these next four weeks to bring clarity and focus to your prayer life. To be renewed and refreshed and see God bring new life and renewal in your relationship with him

SUN 18TH OCT 20

Day 1

Their voices shook the Temple to its foundations, and the entire building was filled with smoke.Then I said, "It's all over! I am doomed, for I am a sinful man. I have filthy lips, and I live among a people with filthy lips. Yet I have seen the King, the Lord of Heaven's Armies."Then one of the seraphim flew to me with a burning coal he had taken from the altar with a pair of tongs. He touched my lips with it and said, "See, this coal has touched your lips. Now your guilt is removed, and your sins are forgiven."
Isaiah 6:4-7

P Praise .....

R Repent .....

A Ask .....

Y Yield .....

Father, help me to live this day to the full, being true to you, in every way

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say

Amen

MON
19TH
OCT
20

Day 2

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
Philippians 4:6-7

P Praise .....

R Repent .....

A Ask .....

Y Yield .....

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Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

TUE
20TH
OCT
20

Day 3

Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: "Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. The Pharisee stood by himself and prayed this prayer: 'I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I'm certainly not like that tax collector! I fast twice a week, and I give you a tenth of my income.'
Luke 18: 9-12

P Praise .....

R Repent .....

A sk .....

Y Yield .....

Father, help me to live this day to the full, being true to you, in every way.

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Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

WED
21ST
OCT
20

Day 4

But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' "I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.
Luke 18: 13 &14

P Praise .....

R Repent .....

A sk .....

Y Yield .....

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Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

THUR
22ND
OCT
20

Day 5

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. Do not quench the Spirit.
1 Thessalonians 5: 16-19

P Praise .....

R Repent .....

A Ask .....

Y Yield .....

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Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

FRI 23RD OCT 20

Day 6

Then if my people will humble themselves and pray, and search for me, and turn from their wicked ways, I will hear them from heaven and forgive their sins and heal their land.
2 Chronicles 7:14

P Praise .....

R Repent .....

A Ask .....

Y Yield .....

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Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

SAT
24TH
OCT
20

Day 7

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."
Matt 11:28-30

P Praise .....

R Repent .....

A Ask .....

Y Yield .....

Father, help me to live this day to the full, being true to you, in every way.

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Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

SUN
25TH
OCT
20

Day 8

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.
Psalm 51:10-12

P Praise

R Repent

A sk

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

MON
26TH
OCT
20

Day 9

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
Romans 12:2

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

TUE
27TH
OCT
20

Day 10

I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh.
Ezekiel 11:19

P Praise

R Repent

A sk

Y ield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

WED
28TH
OCT
20

Day 11

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
Isaiah 40:30-31

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

THU
29TH
OCT
20

Day 12

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

P Praise

R Repent

A sk

Y ield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

FRI
30TH
OCT
20

Day 13

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

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

SAT
31ST
OCT
20

Day 14

... put on the new self, which is being renewed in knowledge in the image of its Creator.
Colossians 3:10

Above all else, guard your heart, for everything you do flows from it.
Proverbs 4:23

P Praise

R Repent

A Ask

Y Yield

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Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

SUN
1ST
NOV
20

Day 15

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
Ephesians 4:32

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

MON
2ND
NOV
20

Day 16

Carry each other's burdens, and in this way you will fulfill the law of Christ.
Galatians 6:2

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

TUE
3RD
NOV
20

Day 17

so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.
1 Corinthians 12:25-27

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

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Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

WED
4TH
NOV
20

Day 18

Two are better than one, because they have a good return for their labor:If either of them falls down, one can help the other up.But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.
Ecclesiastes 4:9-13

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

THUR
5TH
NOV
20

Day 19

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.
Luke 6:35&36

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

FRI
6TH
NOV
20

Day 20

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times.
Matthew 18:21&22

P Praise

R Repent

A sk

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

SAT
7TH
NOV
20

Day 21

let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us hold unswervingly to the hope we profess, for he who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.
Hebrews 10:22-25

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

Day 22

SUN
8TH
NOV
20

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.
Matthew 5:14-16

P Praise

R Repent

A Ask

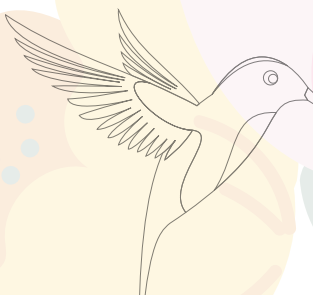
Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen



Day 23

MON
9TH
NOV
20

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.
Philippians 2:3&4

P Praise

R Repent

A Ask

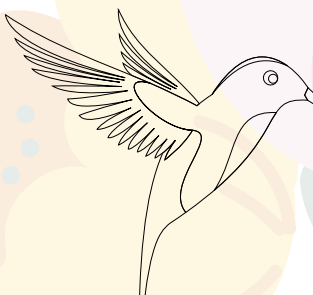
Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen



Day 24

TUE
10TH
NOV
20

Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.
1 Peter 4;8-10

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

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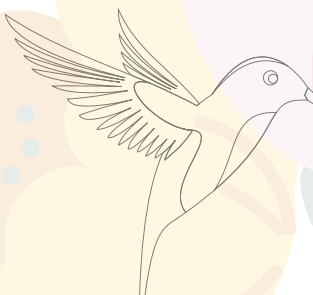
Amen



Day 25

WED
11TH
NOV
20

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God.
Romans 15:5-7

P
Praise

R
Repent

A
Ask

Y
Yield

Father, help me to live this day to the full, being true to you, in every way.

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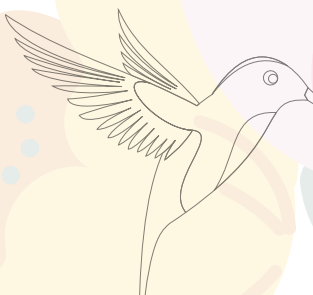
Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen



Day 26

THU
12TH
NOV
20

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.
James 2:14-17

P Praise

R Repent

A Ask

Y Yield

Father, help me to live this day to the full, being true to you, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen

Day 27

FRI
13TH
NOV
20

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.
Matthew 25:35-36

P Praise

R Repent

A Ask

Y Yield

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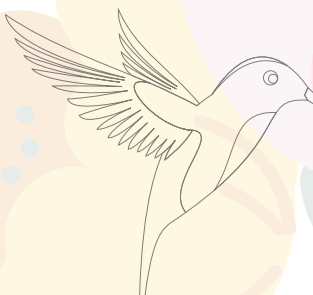
Spirit, help me to love the lost, proclaiming Christ in all I do and say.

Amen



Day 28

SAT
14TH
NOV
20

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.
Galatians 2:20

P Praise

R Repent

A Ask

Y Yield

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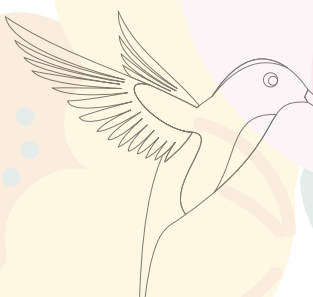
Amen