**RENEWAL ON THE RUN**

For Renewal to occur…

You must rest, refuel, replenish, refresh…

REPEAT!

Colossians 3:1-17

Renewed

1: to make like new; restore to freshness, vigor or perfection

2: to make new spiritually; REGENERATE

3a: to restore to existence: REVIVE; 3b: to make extensive changes in: REBUILD

4: to do again: REPEAT…

Renewal is a necessity and continual…

But comes only when you rest!

Be still

And

know that I am God!

Psalm 46:10

Renewal always requires:

Right heart

Right thinking

Colossians 3:1-4

Therefore, if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory. (NASB)

Where is your heart?

Seek the things above

Where is your mind?

Start thinking right things

Thinking from a different perspective

The perspective from above

Is Christ your life?

Mark on your life’s timeline…

Renewal always requires

REMOVAL

Colossians 3:5-11

Therefore, consider the members of your earthly body as dead to immorality, impurity, passion, evil desire and greed, which amounts to idolatry. For it is because of these things that the wrath of God will come upon the sons of disobedience, and in them you also once walked, when you were living in them. But now you also put them all aside: anger, wrath, malice, slander and abusive speech from your mouth. Do not lie to one another, since you laid aside the old self with its evil practices and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him—a renewal in which there is no distinction between Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and free man, but Christ is all, and in all (NASB)

Renewal always requires

Seek the things above

Renewal always requires

Repenting

Resulting in Transformation

Renewal always requires

Moments of Quiet Reflection!

Renewal always requires

Moments we give Him absolute permission to reveal the darkness and hardness

of any area of our hearts.

(See *Little Foxes of Sin)*

Romans 12:1-2

There fore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. (NASB)

Renewal always requires

Replenishing

Colossians 3:12-16

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things put on love, which is the perfect bond of unity. Let the peach of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. Let the word of Christ richly dwell within you, with all wisdom, teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.

Colossians 3:17

Whatever you do in word or deed, do all in the name of the Lord Jesus, giving

thanks through Him to God the Father. (NASB)

Renewal always involves

Reflection

-Margin

-Measure