1. **Introduction:**
2. **What Are We Talking About?**
	1. ***“Renewal”*** - lit. **make new again**, includes: being **renovated, restored** to original condition, **rejuvenated.**
	2. **“Spiritual”** - as opposed to fleshly. Our ***“inner man”*** as opposed to the “outer man”. (2 Corinthians 4:16)
	3. ***“The spirit of your mind”*** (Ephesians 4:23;
	cf., Romans 12:2; Psalms 51:10, “the ***“spirit within me”*** )
	4. Addressing the **root cause** & not just **superficial symptoms**. (Jeremiah 6:14)
	5. **Where is our focus?**
3. **The Problem…**
	1. **We grow weary & tired, why? There are spiritual causes!**
		1. **Grown tired of the battle**? (Matthew 24:12; 2 Timothy 3)
		2. **Did we count the cost**? (Luke 14:26ff; 1 Peter 4:4)
		3. **Did we realize how long the race is or lose sight of our goal**? (Hebrews 12:1-2; Philippians 3:12-14; Matthew 14:29-31)
		4. **A lack of consistency?** (1 Kings 18:21)
		5. **Did we stop growing & actually “excelling”**?
		(Hebrews 5:12-14; 2 Peter 1:5-8; 1 Thessalonians 4:1ff)
		6. **Did we fail to remember!** (2 Peter 1:12-15; 3:1)
		7. **Has our focus or priority shifted?** (Colossians 3:1-2; Matthew 6:25ff)
		8. **Is our faith little, weak, or worse, dead?** (Matthew 6:30; 14:31; James 2:17)
4. The Solution…
	1. **Must be approached daily… consistently**
		1. ***“The inner man is being renewed day by day…”*** (2 Corinthians 4:16)
		2. ***“Encourage one another day after day, as long as it is called today…”*** (Hebrews 3:13)
		3. ***“Constantly nourished on the words of the faith…”*** (1 Timothy 4:6)
		4. ***“Deny himself… take up his cross daily and follow Me.”*** (Luke 9:23)
	2. **Eliminate the distractions/detractors**
		1. ***“Lay aside every encumbrance…”*** (Hebrews 12:1)
		2. **Pull some weeds.** (Matthew 13:22)
		3. **Put the temporal in its’ place**. (Luke 10:38-42)
		4. **Be honest about our idols**. (1 Corinthians 10:14)
	3. **Add Christ-like Qualities**
		1. **In His image.** (Colossians 3:10-14)
		2. ***“To the measure of the… fulness of Christ…”*** (Ephesians 4:13)
		3. **How long?** (Galatians 4:19)
		4. **Continual growth**. (2 Peter 3:17)
	4. **“Make Friends of God’s Children”**
		1. **Paul’s source of refreshment.** (1 Corinthians 16:18; 2 Corinthians 7:13;
		2 Timothy 1:16; Philemon 7, 20)
		2. **We all need continual encouragement & edification**.
		(1 Thessalonians 5:11, 14; Hebrews 3:13; 10:24-25; 12:12-13)
		3. **Serve one another** (1 Peter 4:10; Galatians 5:13) and let **all things to be done for edification**. (Romans 15:1-2; 1 Corinthians 10:23)
		4. **Need to hold each other accountable**. (1 Cor. 15:33; 2 Timothy 4:2)
	5. **Feed On His Word**
		1. **Always, like newborn babes.** (1 Peter 2:1-2)
		2. **It has the power to renew and build us up**.
		(Acts 20:32; Romans 1:16)
		3. **Don’t be ashamed! Be bold**! (2 Timothy 1:7-8ff; Ephesians 6:19)
		4. **Give it the importance it deserves.** (Job 23:11-12)
	6. **Don’t Keep Holding On To Your Cares**
		1. **Let your requests be known to God.** (Philippians 4:4-8)
		2. **Cast your cares upon Him, because He cares & our High Priest understands.** (1 Peter 5:6-8; Hebrews 4:14-16)
		3. **Get busy doing what you can**. (1 Corinthians 15:58)
	7. **“Address the Burden of Sin”**
		1. **Faith and obedience to the gospel will bring about “seasons of refreshing” from the Lord.** (Acts 3:19)
		2. **Seek the freedom from the bondage of our sins**. (Acts 8:23)
		3. **Jesus has invited the “weary and heaven laden” to enjoy His rest**. (Matthew 11:28-30)
		4. **Repent & return to our first love realizing our desperate need for Him**. (Revelation 2:4-5; 3:19-20)