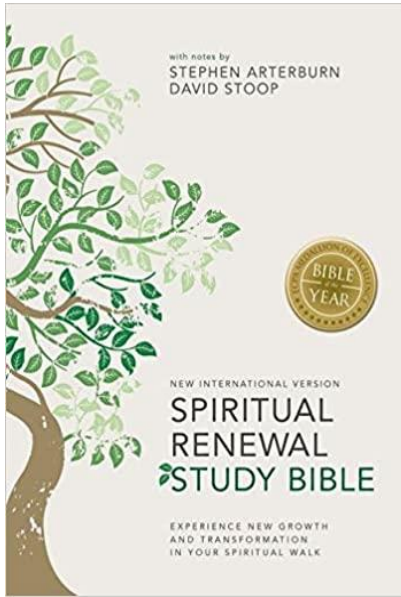


# 7 Keys to Spiritual Renewal



- 1999 Evangelical Christian Publishers Association (ECPA) Gold Medallion Award – “Bible of the Year”  
**Experience New Growth & Transformation in Your Spiritual Walk**
- *Using a time-tested process honed over decades of counseling and teaching, Stephen Arterburn employs 7 core principles of spiritual renewal and refreshment, connecting you more closely with God’s Spirit through his Word and helping you to develop the deep, satisfying change you desire in your spiritual life.*

As was mentioned last week by Pastor Murray & Pastor Adrian ... the Passover season is approaching ... and NOW is the time for each of us to get ready AND for the church – the fellowship or “family” to get ready together.



## ***1. Seek God & Surrender to Him***

**Following the Road to Life** or Destruction (Matt 7:13-14)

**Gen 18:20-33** And the LORD said, “Because the outcry against Sodom and Gomorrah is great, and because their sin is very grave,

Gen 18:21 I will go down now and see whether they have done altogether according to the outcry against it that has come to Me; and if not, I will know.”

Abraham Intercedes for Sodom

Gen 18:22 Then the men turned away from there and went toward Sodom, but Abraham still stood before the LORD.

Gen 18:23 And Abraham came near and said, “Would You also destroy the righteous with the wicked?

Gen 18:24 Suppose there were fifty righteous within the city; would You also destroy the place and not spare it for the fifty righteous that were in it?

Gen 18:25 Far be it from You to do such a thing as this, to slay the righteous with the wicked, so that the righteous should be as the wicked; far be it from You! Shall not the Judge of all the earth do right?”

Gen 18:26 So the LORD said, “If I find in Sodom fifty righteous within the city, then I will spare all the place for their sakes.”

Gen 18:27 Then Abraham answered and said, “Indeed now, I who am but dust and ashes have taken it upon myself to speak to the Lord:

Gen 18:28 Suppose there were five less than the fifty righteous; would You destroy all of the city for lack of five?" So He said, "If I find there forty-five, I will not destroy it."

Gen 18:29 And he spoke to Him yet again and said, "Suppose there should be forty found there?" So He said, "I will not do it for the sake of forty."

Gen 18:30 Then he said, "Let not the Lord be angry, and I will speak: Suppose thirty should be found there?" So He said, "I will not do it if I find thirty there."

Gen 18:31 And he said, "Indeed now, I have taken it upon myself to speak to the Lord: Suppose twenty should be found there?" So He said, "I will not destroy it for the sake of twenty."

Gen 18:32 Then he said, "Let not the Lord be angry, and I will speak but once more: Suppose ten should be found there?" And He said, "I will not destroy it for the sake of ten."

Gen 18:33 So the LORD went His way as soon as He had finished speaking with Abraham; and Abraham returned to his place.

- *Contrast between Abraham ... seeking God & Sodom*
- *Surrendering our lives to God leads to relationship & offers safety (Sodom didn't have)*

### **A Time to Surrender**

**Act 9:1-9** Then Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest

Act 9:2 and asked letters from him to the synagogues of Damascus, so that if he found any who were of the Way, whether men or women, he might bring them bound to Jerusalem.

Act 9:3 As he journeyed he came near Damascus, and suddenly a light shone around him from heaven.

Act 9:4 Then he fell to the ground, and heard a voice saying to him, "Saul, Saul, why are you persecuting Me?"

Act 9:5 And he said, "Who are You, Lord?" Then the Lord said, "I am Jesus, whom you are persecuting. It is hard for you to kick against the goads."

Act 9:6 So he, trembling and astonished, said, "Lord, what do You want me to do?" Then the Lord said to him, "Arise and go into the city, and you will be told what you must do."

Act 9:7 And the men who journeyed with him stood speechless, hearing a voice but seeing no one.

Act 9:8 Then Saul arose from the ground, and when his eyes were opened he saw no one. But they led him by the hand and brought him into Damascus.

Act 9:9 And he was three days without sight, and neither ate nor drank.

- *Paul spent his life Learning & seeking God ... and here was his Chance!*

### **Single-Minded Devotion**

**Jas 4:7-9** Therefore submit to God. Resist the devil and he will flee from you.

Jas 4:8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

Jas 4:9 Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom.

Jas 4:10 Humble yourselves in the sight of the Lord, and He will lift you up.

- *Surrender ... to be lifted up! Renewal is awesome!*



## 2. *See The Truth*

### Seeing Our Limitations & God's Power

**1Sa 17:20-47** So David rose early in the morning, left the sheep with a keeper, and took the things and went as Jesse had commanded him. And he came to the camp as the army was going out to the fight and shouting for the battle.

1Sa 17:21 For Israel and the Philistines had drawn up in battle array, army against army.

1Sa 17:22 And David left his supplies in the hand of the supply keeper, ran to the army, and came and greeted his brothers.

1Sa 17:23 Then as he talked with them, there was the champion, the Philistine of Gath, Goliath by name, coming up from the armies of the Philistines; and he spoke according to the same words. So David heard them.

1Sa 17:24 And all the men of Israel, when they saw the man, fled from him and were dreadfully afraid.

1Sa 17:25 So the men of Israel said, "Have you seen this man who has come up? Surely he has come up to defy Israel; and it shall be that the man who kills him the king will enrich with great riches, will give him his daughter, and give his father's house exemption from taxes in Israel."

1Sa 17:26 Then David spoke to the men who stood by him, saying, "What shall be done for the man who kills this Philistine and takes away the reproach from Israel? For who is this uncircumcised Philistine, that he should defy the armies of the living God?"

1Sa 17:27 And the people answered him in this manner, saying, "So shall it be done for the man who kills him."

1Sa 17:28 Now Eliab his oldest brother heard when he spoke to the men; and Eliab's anger was aroused against David, and he said, "Why did you come down here? And with whom have you left those few sheep in the wilderness? I know your pride and the insolence of your heart, for you have come down to see the battle."

1Sa 17:29 And David said, "What have I done now? Is there not a cause?"

1Sa 17:30 Then he turned from him toward another and said the same thing; and these people answered him as the first ones did.

1Sa 17:31 Now when the words which David spoke were heard, they reported them to Saul; and he sent for him.

1Sa 17:32 Then David said to Saul, "Let no man's heart fail because of him; your servant will go and fight with this Philistine."

1Sa 17:33 And Saul said to David, "You are not able to go against this Philistine to fight with him; for you are a youth, and he a man of war from his youth."

1Sa 17:34 But David said to Saul, "Your servant used to keep his father's sheep, and when a lion or a bear came and took a lamb out of the flock,

1Sa 17:35 I went out after it and struck it, and delivered the lamb from its mouth; and when it arose against me, I caught it by its beard, and struck and killed it.

1Sa 17:36 Your servant has killed both lion and bear; and this uncircumcised Philistine will be like one of them, seeing he has defied the armies of the living God."

1Sa 17:37 Moreover David said, "The LORD, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine." And Saul said to David, "Go, and the LORD be with you!"

1Sa 17:38 So Saul clothed David with his armor, and he put a bronze helmet on his head; he also clothed him with a coat of mail.

1Sa 17:39 David fastened his sword to his armor and tried to walk, for he had not tested them. And David said to Saul, "I cannot walk with these, for I have not tested them." So David took them off.

1Sa 17:40 Then he took his staff in his hand; and he chose for himself five smooth stones from the brook, and put them in a shepherd's bag, in a pouch which he had, and his sling was in his hand. And he drew near to the Philistine.

1Sa 17:41 So the Philistine came, and began drawing near to David, and the man who bore the shield went before him.

1Sa 17:42 And when the Philistine looked about and saw David, he disdained him; for he was only a youth, ruddy and good-looking.

1Sa 17:43 So the Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods.

1Sa 17:44 And the Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and the beasts of the field!"

1Sa 17:45 Then David said to the Philistine, "You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied.

1Sa 17:46 This day the LORD will deliver you into my hand, and I will strike you and take your head from you. And this day I will give the carcasses of the camp of the Philistines to the birds of the air and the wild beasts of the earth, that **all the earth may know** that there is a God in Israel.

1Sa 17:47 Then all this assembly shall know that the LORD does not save with sword and spear; for the battle is the LORD's, and He will give you into our hands."

- *The Truth is ... we are Strongest when we are serving & yielding to God*

### **Looking in the Mirror**

**Jas 1:21-25** Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

Jas 1:22 But be doers of the word, and not hearers only, deceiving yourselves.

Jas 1:23 For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror;

Jas 1:24 for he observes himself, goes away, and immediately forgets what kind of man he was.

Jas 1:25 But he who looks into the perfect law of liberty and continues in it, and is **not a forgetful hearer but a doer of the work**, this one will be blessed in what he does.

- *What do you see when you look in the mirror? (See yourself ... from outside yourself)*



### 3. *Speak the Truth*

#### Truthful in Drepression

**Psa 42:1-11** As the deer pants for the water brooks, So pants my soul for You, O God.

Psa 42:2 My soul thirsts for God, for the living God. When shall I come and appear before God?

Psa 42:3 My tears have been my food day and night, While they continually say to me, "Where is your God?"

Psa 42:4 When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, With the voice of joy and praise, With a multitude that kept a pilgrim feast.

Psa 42:5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

Psa 42:6 O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan, And from the heights of Hermon, From the Hill Mizar.

Psa 42:7 Deep calls unto deep at the noise of Your waterfalls; All Your waves and billows have gone over me.

Psa 42:8 The LORD will command His lovingkindness in the daytime, And in the night His song shall be with me— A prayer to the God of my life.

Psa 42:9 I will say to God my Rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?"

Psa 42:10 As with a breaking of my bones, My enemies reproach me, While they say to me all day long, "Where is your God?"

Psa 42:11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

- *The Psalmists are brutal in their honesty ... & God has broad shoulders to bear it!*

#### The Plumb Line

**Amos 7:7-8** Thus He showed me: Behold, the Lord stood on a wall made with a plumb line, with a plumb line in His hand.

Amo 7:8 And the LORD said to me, "Amos, what do you see?" And I said, "A plumb line."

Then the Lord said: "Behold, I am setting a plumb line In the midst of My people Israel; I will not pass by them anymore.

- *Don't measure with a faulty standard - God will visit them by justice & not mercy*

#### Exposing our Buried Sins

**Gal 6:7-10** Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap

Gal 6:8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

Gal 6:9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Gal 6:10 Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.

- *Don't think you can fool God!*



## 4. *Accept Responsibility*

### Facing Up to our Wrongs

**Gen 33:1-11** Now Jacob lifted his eyes and looked, and there, Esau was coming, and with him were four hundred men. So he divided the children among Leah, Rachel, and the two maidservants.

Gen 33:2 And he put the maidservants and their children in front, Leah and her children behind, and Rachel and Joseph last.

Gen 33:3 Then he crossed over before them and bowed himself to the ground seven times, until he came near to his brother.

Gen 33:4 But Esau ran to meet him, and embraced him, and fell on his neck and kissed him, and they wept.

Gen 33:5 And he lifted his eyes and saw the women and children, and said, "Who are these with you?" So he said, "The children whom God has graciously given your servant."

Gen 33:6 Then the maidservants came near, they and their children, and bowed down.

Gen 33:7 And Leah also came near with her children, and they bowed down. Afterward Joseph and Rachel came near, and they bowed down.

Gen 33:8 Then Esau said, "What do you mean by all this company which I met?" And he said, "These are to find favor in the sight of my lord."

Gen 33:9 But Esau said, "I have enough, my brother; keep what you have for yourself."

Gen 33:10 And Jacob said, "No, please, if I have now found favor in your sight, then receive my present from my hand, inasmuch as I have seen your face as though I had seen the face of God, and you were pleased with me.

Gen 33:11 Please, take my blessing that is brought to you, because God has dealt graciously with me, and because I have enough." So he urged him, and he took it.

- *...years pass, no communication, unrelenting anger, tension & anxiety. Restore relations*

### Paying our Debts

**Philemon 1:13-16** (*The runaway slave Onesimus...*) whom I wished to keep with me, that on your behalf he might minister to me in my chains for the gospel.

Phm 1:14 But without your consent I wanted to do nothing, that your good deed might not be by compulsion, as it were, but voluntary.

Phm 1:15 For perhaps he departed for a while for this purpose, that you might receive him forever, Phm 1:16 no longer as a slave but more than a slave—a beloved brother, especially to me but how much more to you, both in the flesh and in the Lord.

- *Accepting responsibility can risk all!*

### Confronting those who do Wrong

**Jude 1:20-22** But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,<sup>21</sup> keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. <sup>22</sup> And on some have compassion, making a distinction; <sup>23</sup> but others save with fear, pulling them out of the fire, hating even the garment defiled by the flesh.

- *The Church is a family & we need to watch over the Spiritual renewal of brothers*



## 5. *Grieve, Forgive & Let Go*

### **Forgiving Ourselves**

**Joh 21:14-19** This is now the third time Jesus showed Himself to His disciples after He was raised from the dead.

Joh 21:15 So when they had eaten breakfast, Jesus said to Simon Peter, "Simon, son of Jonah, do you love Me more than these?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Feed My lambs."

Joh 21:16 He said to him again a second time, "Simon, son of Jonah, do you love Me?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Tend My sheep."

Joh 21:17 He said to him the third time, "Simon, son of Jonah, do you love Me?" Peter was grieved because He said to him the third time, "Do you love Me?" And he said to Him, "Lord, You know all things; You know that I love You." Jesus said to him, "Feed My sheep."

Joh 21:18 Most assuredly, I say to you, when you were younger, you girded yourself and walked where you wished; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish."

Joh 21:19 This He spoke, signifying by what death he would glorify God. And when He had spoken this, He said to him, "Follow Me."

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### **Letting Go Of Condemnation**

**2Cor 2:5-8** But if anyone has caused grief, he has not grieved me, but all of you to some extent—not to be too severe.

2Co 2:6 This punishment which was inflicted by the majority is sufficient for such a man,

2Co 2:7 so that, on the contrary, you ought rather to forgive and comfort him, lest perhaps such a one be swallowed up with too much sorrow.

2Co 2:8 Therefore I urge you to reaffirm your love to him.

- *The man put out of the Church in 1<sup>st</sup> Corinthians is to be welcomed back*

### **Sorrow Can be Good for Us**

**2Co 7:8-11** For even if I made you sorry with my letter, I do not regret it; though I did regret it. For I perceive that the same epistle made you sorry, though only for a while.

2Co 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.

2Co 7:10 For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.

2Co 7:11 For observe this very thing, that you sorrowed in a godly manner: What diligence it produced in you, what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication! In all things you proved yourselves to be clear in this matter.

- *Renewal from Godly Sorrow*



## 6. *Transform Your Life*

### Faith to Enter the Promised Land

**Joshua 1:1-9** After the death of Moses the servant of the LORD, it came to pass that the LORD spoke to Joshua the son of Nun, Moses' assistant, saying:

Jos 1:2 "Moses My servant is dead. Now therefore, arise, go over this Jordan, you and all this people, to the land which I am giving to them—the children of Israel.

Jos 1:3 Every place that the sole of your foot will tread upon I have given you, as I said to Moses.

Jos 1:4 From the wilderness and this Lebanon as far as the great river, the River Euphrates, all the land of the Hittites, and to the Great Sea toward the going down of the sun, shall be your territory.

Jos 1:5 No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you. I will not leave you nor forsake you.

Jos 1:6 Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them.

Jos 1:7 Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go.

Jos 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Jos 1:9 Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."

- *God gave Joshua & "us" awesome promises to strengthen our courage!*

### Courage to Take a Step

**Mat 14:23-33** And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.

Mat 14:24 But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary. Mat 14:25 Now in the fourth watch of the night Jesus went to them, walking on the sea. Mat 14:26 And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear.

Mat 14:27 But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid." Mat 14:28 And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." Mat 14:29 So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. Mat 14:30 But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!"

Mat 14:31 And immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" Mat 14:32 And when they got into the boat, the wind ceased. Mat 14:33 Then those who were in the boat came and worshiped Him, saying, "Truly You are the Son of God."

- *Jesus sometimes is coaxing us to "step out" of our comfort zone*





## ***7. Preserve Spiritual Gains***

### **A Day of Rest**

**Exo 31:12-13** And the LORD spoke to Moses, saying,

Exo 31:13 "Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you.'

- *A weekly break & renewal to link us with the God of Creation who rested*

### **Waiting for the Lord to Renew us**

**Isa 40:28-31** Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable.

Isa 40:29 He gives power to the weak, And to those who have no might He increases strength.

Isa 40:30 Even the youths shall faint and be weary, And the young men shall utterly fall,

Isa 40:31 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.

- *Scripture reveals so many awesome things about our God! Of course we seek renewal!*

### **A Living Testimony**

**1Ti 4:14-16** Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership.

1Ti 4:15 Meditate on these things; give yourself entirely to them, that your progress may be evident to all.

1Ti 4:16 Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.

- *Don't neglect our Spiritual Gifts ... Share them !*

In Closing ...

Spiritual Renewal can certainly involve more than 7 keys. But... I appreciate the Spiritual Renewal Study Bible for pointing out 7 important "keys or themes" ... and for the many scriptures that give us great examples of seeking God.

As we continue to prepare for Passover, we hope restrictions can lift allow us to gather together to worship the Lamb of God & to celebrate Jesus' Victory over death.

