

# Daily Renewal

Ephesians 4:23

23 And be renewed in the spirit of your mind;

I was doing my “little old man” exercises yesterday in the early afternoon and I always end them by riding the little stationary bike. I almost “blew it off” because of not getting it finished earlier. I was dreading it. I really do not like to exercise; to me it is a drudgery. However, I know that I NEED to exercise if I want to steer clear of the high blood pressure medication, and diabetes medication, and cholesterol medication that my grandfather, father, and both of my uncles have to take every day.

As I was doing my peddling, I couldn't help but to think of how many people look at prayer the same way that I look at exercise. They look at it as a drudgery; they look at it with dread.

The definition of renew is:

Strong's Definition

to renovate that is reform: - renew.

Thayer's Definition

to renew (in the mind)

Your mind is the battleground on which the war for your emotions, purpose, effectiveness, and fullness of life is won or lost. It's your mind that is attacked daily by the enemy. It's your mind that the world is trying to influence for its own benefit. And it's your mind that the Lord desires to renew daily in order for you to live to the fullest of your potential for Him.

Romans 12:1-2

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

2 And be not conformed to this world: but be ye transformed by the RENEWING of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Strong's Definition

renovation: - renewing.

Thayer's Definition

a renewal, renovation, complete change for the better

And we wonder why we struggle with the “old man” that was supposed to be buried with Him in the watery grave of baptism! Some of you wonder why you are struggling with going back to the beggarly elements of the world.

Our minds are being constantly bombarded with an endless array of attacks. If we listen to the radio the advertising that we hear is trying to influence us. Billboards are trying to influence us. Technology is trying to influence us. Your coworkers are trying to influence you. Influences are all around us. That is why we need to gird up the loins of our mind.

I need to pray. I need the Spirit of God and the Word of God to come into the recesses of my mind and heart and take that spiritual wrecking ball, if you please, and give me a complete spiritual makeover. The world is trying to influence us. The enemy of our soul is trying to make us feel deprived over all we are “missing out” on.

2 Corinthians 4:16

16 For which cause we faint not; but though our outward man perish, yet the inward man is RENEWED day by day.

Strong's Definition

From G303 and a derivative of G2537; to renovate: - renew.

Thayer's Definition

to cause to grow up, new, to make new

A. new strength and vigour is given to one

B. to be changed into a new kind of life as opposed to the former corrupt state

Don't look at prayer and Bible reading as a drudgery.

2 Corinthians 10:3-6

3 For though we walk in the flesh, we do not war after the flesh:

4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

A child of God doesn't have to live in a constant state of fear. A child of God doesn't have to feel like a failure. A child of God doesn't have to feel like they can't. We can do ALL things THROUGH Christ . . .

RPS