

True renewal comes when we open our hearts, seek Him earnestly and allow His Spirit to transform us from the inside out. So let us leave here today with a renewed commitment to walk in His grace, seek His presence and trust that He is making all things new in our lives. May we go forward refreshed, restored and ready to live with passion and purpose for Him.

“Renew Your Spirit”

March 30th, 2025 — Selby United Church – Scripture Titus 3:1-8

By Glenda Hudgins

Today we’re going to explore what it means to have our spirit renewed, why we need it renewed and how we can walk in the fresh strength and joy that God has for us. No matter where you are in your faith journey, know this, renewal is possible and it starts today.

We all know that life can be a whirlwind, a constant stream of challenges and demands that can leave us depleted, worn down and even lost.

Sometimes the joy we once felt seems to fade, replaced by a sense of weariness and a lack of motivation. This is where the concept of spiritual renewal becomes so important.

The good news is that God never intended for us to live in a constant state of exhaustion or spiritual dryness. He calls us to be refreshed, restored and renewed in His presence. You will recall Psalm 51:10 says “Create in me a clean heart, O God and renew a right spirit within me”. This verse is a reminder that renewal isn’t something we achieve on our own, it is something God does in us when we surrender to Him.

Spiritual renewal isn’t about a quick fix or a superficial change, it’s a deep transformative process of returning to God, seeking His grace and allowing His Spirit to work within us. It’s about shedding the old and embracing the new, finding

strength in Him and renewing our hearts and minds.

Why is spiritual renewal important? When we are spiritually renewed, we experience a sense of joy and purpose. Renewal equips us with the strength to face challenges and persevere in the face of adversity. It helps us to reconnect with our purpose and live a life that is aligned with God’s will. When we are renewed we are better able to live a life of abundance, both spiritually and materially.

How can we renew our spirits? The Bible is a powerful source of renewal, Read it, meditate on it and allow its truths to transform your heart and mind.

Prayer and worship are essential for connection with God and receiving His grace. Forgiveness, both of others and ourselves is crucial for spiritual healing and renewal. Take time to appreciate the blessings in your life.

Surround yourself with people who encourage and uplift you in your faith.

Don’t forget to take time for rest and relaxation, God created us to need rest and its important to allow ourselves to recharge both physically and spiritually. These are all things that we have previously talked about.

How about exposing yourself to different traditions and practices that can provide a richer understanding of spirituality and help you find what resonates with your soul. Perhaps things like yoga or tai chi.

Did you know that green is the colour of renewal, rejuvenation, healing and rebirth. Much of nature is green. In the energy field green indicates someone who is a healer or has a deep spiritual tie to nature.

God expects us to renew who we are, our knowledge, our attitudes, our strength and our mind. Like a battery we must turn to him, plug in, get connected, spend time to recharge. We aren't built with long-term energy storage. We are made with a constant need for daily renewal and recharging.

Here are some things we can do to achieve spiritual renewal:

Walk with God: make God a central focus in your life, seeking guidance and direction from Him. Nothing will restore your soul like time with God.

Find a place where you can have quiet and calm, no distractions, no time limits, no pre-planned structure, no agenda, just be with him. Get outdoors and literally walk with God. This will change our perspective on nearly everything!

While you are with God, you might as well put everything you are carrying into His hands, including yourself. He already knows about it all. You are not hiding anything from Him. Nothing you are feeling or thinking will surprise Him and

He invites you to cast it all upon Him, so go for it.

Pray: Engage in consistent and meaningful prayer, communicating with God and seeking His presence.

Reflect on Scripture: Read and meditate on the Bible, allowing God's word to shape your thoughts and action or read an encouraging book. Pick up something biblical and enjoyable, a biography of a great Christian or an inspirational book and make sure it connects to some practical speck of your life. In case you didn't realize it, we have a library in this church. If you go through those doors and instead of going downstairs, turn to the left you will see a large bookshelf with a great variety of books. You are welcome to help yourself, just sign them out and return them when you are finished.

Practice mindfulness: Be present in the moment, paying attention to your thoughts, feelings and surroundings. Choose a passage, a promise or a verse and just think about it. What you mediate on has much to do with your attitudes and actions.

Engage in Acts of Service: Serve others, helping those in need and demonstrating compassion and love. Serve someone else. Could be your spouse, your kids, your neighbor, a church member or a local business owner. There is something really refreshing about choosing to perform an act of kindness 'just because'. If you are wondering who the Holy Spirit would have you serve just ask Him. I promise He will bring a name to your mind immediately.

I have a little story to tell you and maybe you will be skeptical, but that is okay. I was looking for something in my house one day and I looked everywhere. You know when you put something away so you will know where it is when you need it – we have all done it right? I looked for days everywhere, could not find it. I happen to mention it to my sister and she said "ask your Guardian Angel he will help you find it. Well, when I was working on the story about the Blarney Stone, I knew I had my picture taken when I kissed the stone and I knew it was somewhere in my house, but I could not find it anywhere. That evening when I was saying my prayers before bedtime, at the end I casually asked my Guardian Angel to help me find the picture. The next morning I got up and walked directly to where the picture was, and as Paul Harvey used to say "now you know the rest of the story, believe it or not".

So moving forward, let's renew our spirit:

Forgive others: Release any bitterness or resentment practicing forgiveness as a way to heal and grow spiritually.

Cultivate Gratitude: Focus on the positive aspects of your life and express thankfulness for God's blessings. Spend time with someone you love, your spouse, your family, a godly friend. Good relationships are energizing, they have a restoring and renewing quality.

Persevere in Faith: Stay committed to your faith, even during difficult times, trusting in God's promises.

Listen to Godly music. Set aside time to really listen to Christ-honouring music. Think about the message and let God's Holy Spirit restore and encourage you. Music is one of God's great gifts to help us walk in the Spirit.

Rest, it sounds so unspiritual compared to the others doesn't it. But it is not only spiritual, it is vital. Quite often we just run on empty, physically speaking. Sometimes the best thing you can do is crash. Don't set the alarm, actually sleep and don't feel guilty about it. When our bodies are recharged we will get three times as much done than if you had continued trying to be productive on fumes.

Use Your spiritual Gifts: Take your unique personality combined with God's divine enabling in your life and put them to use for His purposes. Do what you are really good at, but do it for God.

This certainly sounds like a lot, but some of it we have already talked about in previous weeks.

As we close, let us remember that renewing our spirit is not a one-time event but a daily surrender to God's presence and power. When we feel weary, He offers strength; when we feel distant, He draws us close; and when we feel empty, He fills us again.