



## RENEWAL WEEK 1

### START

Before starting today's, devotional watch this video:  
Mark Sayers- Principles of Renewal  
<https://www.youtube.com/watch?v=H6eXdcqe8n4>

### THINK

**When was the last time you felt dissatisfied or discontent with something? What emotions did you feel, how did you feel? Why did you feel this way? Take some time to reflect on this moment.**

### READ

Intentionally read the passage of Scripture below using the following pattern:

- **Prepare.** Turn off and put away your phone and any other distractions. Situate yourself in quiet and solitude. Calm your body and mind and pray that God would meet with you through His word.
- **Read.** Read the passage slowly and carefully. Pay attention to and reflect on words or phrases that stick out to you. Take your time.
- **Reflect.** Read the passage a second time. Let it speak to you personally. Ask how the text changes the way you live today.
- **Respond.** Talk to God about what the text brings up in you. Let Him know if you're moved, confused, upset, or thankful. Share whatever thoughts and feelings you have with God.
- **Rest.** Pause and sit in silence to conclude. Let God speak back to you.

#### ROMANS 8:20-

*"For the creation was subject to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for patiently."*



## REFLECT

- Is feeling discontent purely negative? How could feeling discontent be beneficial?
- In what areas of your life do you currently feel discontent or dissatisfied? Write down the specific areas for example: My job, marriage, health, friendship, ect...
- Why do you feel discontent in this areas? What about your situation may be causing discontent?
- In what way is you discontent pointing you towards growth?

## PRAY

Begin by reading and meditating on this following prayer:

*“Listen O Israel! The LORD is our God, The LORD alone! Love The LORD with all your heart, with all your soul, with all your mind, and with all your strength, and love your neighbor as yourself.”*

**Next:** Praise God for allowing us to feel discontent. Worship Him for always drawing us near even in our disappointments. (5 minutes)

**Then:** Ask the Spirit to reveal your area of greatest discontent. Pray as the Psalmist does “Search me oh God” (5 minutes)

**Finally:** Reflect on why you feel discontent in this area. Ask the Spirit to reveal an unmet expectations or false hope that has led to discontent (5 minutes)

## NEXT STEPS

Over the next week, identify your greatest area of discontent. Be specific and write this area down. Ask yourself, why and with whom am I discontent?

Practice repentance this week. Repent of your discontent and make one person aware of it. Find a friend, family member, or coworker, and express to them your discontent.



**WAYMAKER.CHURCH**

**LEARN MORE**

To learn more about the patterns of renewal use these resources:

Sermon: <https://www.youtube.com/watch?v=4CroZSvJlyg&t=41s>

Book: Reappearing Church by Mark Sayers

Podcast: Rebuilders Podcast

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