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# RENOVATE

TO MAKE NEW

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# FLOW OF A RENOVATE SESSION

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## SOCIALIZE (10 MINUTES)

Spend a few minutes getting to know one another and catching up.

## DISCUSS (10 MINUTES – OPTIONAL)

Talk about the homework completed the previous week:

Was anything helpful to you? If so, what?

What was more challenging than you expected?

## WATCH (15 MINUTES)

The video session enhances the materials in the workbook by providing additional content on the topic.

## DISCUSS (45 MINUTES)

The Discussion Questions provided in each session help participants explore the topic in conversation with one another. The questions are designed to allow people the freedom to reveal tensions or struggles with the topic, make personal discoveries, or think more about the subject.

## REVIEW THE HOMEWORK (5 MINUTES)

The *Renovate* experience is different for each person. Some people may choose to skip certain exercises, while others will choose to complete all of them. Assure participants that they have the freedom to do as much or as little of the homework as they desire.

## PRAY (5 MINUTES)

Sharing prayer requests and praying for one another is an important part of the experience. It is also okay for a participant not to share anything. Pressure should never be applied to disclose prayer requests.

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Hard Hats On

## SESSION 8: HARD HATS ON

What does it look like to live the Christian life day-by-day? It's rare that anyone explains it to us. More often, we're told about theology or doctrine, but given no advice about how to apply what we've learned to our daily lives.

The Christian life is about yielding ourselves each moment to the source of life: Jesus. That's what Jesus meant when he urged his disciples (and us) to "abide" in him.

Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. (John 15:4)

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### HOW DO WE ABIDE IN CHRIST?

The dictionary's definition of abiding is *the act of resting in, dwelling in, or depending on*. But abiding in Christ isn't passive. It doesn't mean you do nothing.

When Jesus says to abide in him, he's urging us to stay close to him, to exist in an uninterrupted relationship with him. Jesus called us to abide, but abiding isn't about our own efforts. So, how do we abide in Christ? How do we know when we're successful?

As you abide in Christ, you'll recognize the freedom and abundance of life he produces in and through you—not through your efforts. You'll become more patient, loving toward others, joyful in difficult circumstances, and at peace in scary times—and you'll know you don't deserve credit for these changes in yourself. So, how do you do this? You adopt the attitude of "I can't, but he can through me."

*“I can’t keep from gossiping, but Jesus can through me.”*

*“I can’t control my language during rush-hour traffic, but Jesus can through me.”*

*“I can’t honor my parents after everything they’ve done, but Jesus can through me.”*

*“I can’t forgive, but Jesus can through me.”*

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## CONCLUSION

You have a choice each day to abide in Christ or to live by the flesh. You can put all of your effort into meeting your needs by whatever means necessary. Or you can trust your heavenly Father to meet your needs. You can abide in Christ, allowing him to express his power through you, conquering sin in your life.



# DISCUSSION QUESTIONS

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## (Part 1)

1. Talk about a time you felt closely connected to God. What was going on in your life at that time? How did your circumstances influence the closeness of your connection to your heavenly Father?

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2. We tend to think of reading the Bible and praying as *the* ways we connect with God. What are some other ways people connect with God?

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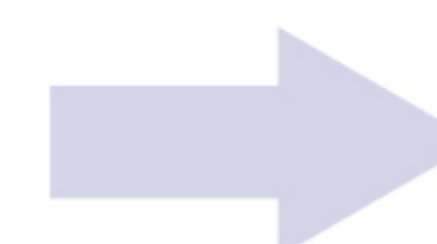
3. What are some things that prevent you from connecting with God?

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Following *Discussion Questions 1–2*, complete the following *In-Session Activity*.





# IN-SESSION ACTIVITY

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As you abide in Christ, you'll recognize the freedom and abundance of life he produces in and through you. Below is a list of words or phrases that describe the behaviors and emotions that characterize a person abiding in Christ.

Check the boxes of the behaviors and emotions that you would like to see more present in your life.

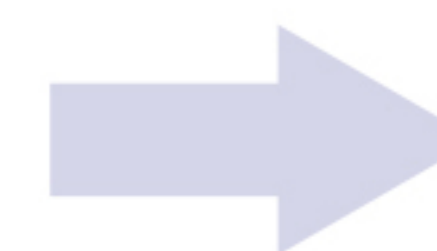
## I WANT TO BE A PERSON WHO IS MORE ...

- |  |   |
|--|---|
| <input type="checkbox"/> Accepting of others       | <input type="checkbox"/> Generous                             |
| <input type="checkbox"/> Accepting of myself       | <input type="checkbox"/> Gentle                               |
| <input type="checkbox"/> Affirming of other people | <input type="checkbox"/> Gracious                             |
| <input type="checkbox"/> Believing of truth        | <input type="checkbox"/> Happy                                |
| <input type="checkbox"/> Calm                      | <input type="checkbox"/> Honest                               |
| <input type="checkbox"/> Clear-minded              | <input type="checkbox"/> Hopeful                              |
| <input type="checkbox"/> Compassionate             | <input type="checkbox"/> Humble                               |
| <input type="checkbox"/> Confident in the Lord     | <input type="checkbox"/> Joyful                               |
| <input type="checkbox"/> Content                   | <input type="checkbox"/> Kind                                 |
| <input type="checkbox"/> Cooperative               | <input type="checkbox"/> Light-hearted                        |
| <input type="checkbox"/> Courageous                | <input type="checkbox"/> Loves other people without condition |
| <input type="checkbox"/> Dependent on God          | <input type="checkbox"/> Merciful                             |
| <input type="checkbox"/> Disciplined               | <input type="checkbox"/> Obedient                             |
| <input type="checkbox"/> Emotionally engaged       | <input type="checkbox"/> Patient                              |
| <input type="checkbox"/> Empathetic                | <input type="checkbox"/> Peaceful                             |
| <input type="checkbox"/> Faithful                  | <input type="checkbox"/> Pure                                 |
| <input type="checkbox"/> Forgiving                 | <input type="checkbox"/> Quick to listen                      |
| <input type="checkbox"/> Free                      | <input type="checkbox"/> Quiet                                |

- Reasonable
- Reliable
- Satisfied
- Secure
- Self-controlled
- Selfless
- Serving of other people
- Significant in Christ
- Slow to speak
- Social
- Submissive to authority
- Surrendered
- Sympathetic
- Teachable
- Thankful
- Tolerant
- Transparent
- Trusting
- Vocal
- Vulnerable

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Once you have completed the activity, continue the *Discussion Questions* on the following page.



# DISCUSSION QUESTIONS

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## (Part 2)

4. Read Galatians 5:22–23. What similarities, if any, exist between the fruit of the Spirit and the behaviors and emotions you selected in the *In-Session Activity*? What are some things that stand in the way of you being the kind of person you indicated in the activity?

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. (Galatians 5:22–23)

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5. What is one thing you can do to abide in Christ this week? What can this group do to help you?

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## PRIMER:

### THE HOMEWORK FOR THIS WEEK

- Complete the *Summary Exercise*, pp. 89–90. (30 minutes)

## SECOND COAT:

### IF YOU WANT MORE

- Continue your renovation journey beyond the sessions of this study by processing your story and beliefs in light of all that you have learned. Additional copies of several of the exercises are located in the Appendix for you to use in the days ahead.

## HOMework: SUMMARY EXERCISE

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Abiding is never passive. It requires us to seek God to meet all our needs. It requires us to replace our false beliefs with truths and to surrender our wills. This exercise is designed to help you walk through the process of abiding this week.

If you would like to revisit this exercise in the future, additional copies are located in the Appendix.

1. What's going on in my life that is bothering me?

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2. How do I feel as a result of that circumstance?

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3. Which of my false beliefs was triggered?  
(See pages 15–16 for the *Identifying False Beliefs* exercise.)

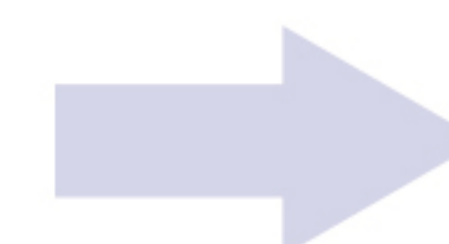
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4. Which behavior or emotion was triggered by my false belief?  
(See pages 26–27 for the *Behaviors and Emotions* exercise.)

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5. What is the new belief or truth that can replace my false belief?  
(See pages 40–45 for the *False Beliefs vs. Truths* exercise.)

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6. Who do I need to forgive?

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7. What additional rights do I need to surrender?  
(See pages 69–70 for the “Rights” activity.)

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8. What is the new behavior or emotion that can replace my old one?  
(See pages 86–87 for characteristics of a person who is abiding in Christ.)

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Abiding may be difficult at first; it may even seem unnatural. However, abiding can become a habit and your default to handling tough circumstances in your life. More important, abiding can be the daily posture for how you approach life. Abiding is not a one-time decision, nor is it something we only do for a season. The more you abide, the more you will see evidence of God working in your life.

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## The Project Continues...

You've completed *Renovate!* We hope you've found it helpful. Know that your journey has just begun. Like a home renovation, personal renovation can feel endless. But you *will* make progress (even when it doesn't feel like it).

Don't let the moments of *frustration* overshadow the moments of *inspiration*.

Renovation is "dirty work," but if you choose to do it, you'll be happy in the end. You'll grow. You'll begin to love God and other people more than you thought possible. *That* is the "life more abundant" that Jesus talks about.

The results are worth the effort.