**Renewing the Spirit**

**Purpose:**  
Renewing your spirit is an intentional act of self-care that aligns your heart with God’s peace and purpose. In the busyness of life, we can become spiritually drained, losing sight of the joy and clarity that comes from a close connection with God. Taking time to refresh your soul allows you to draw strength from Him and live with renewed energy and purpose. As **Isaiah 40:31** reminds us: *“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”* This worksheet will guide you in identifying ways to rejuvenate your spirit and deepen your relationship with God.

**Reflection on Your Current State:**

How is your spirit feeling today? Do you feel energized, drained, or somewhere in between? Be honest about where you are right now.

**Identifying Sources of Renewal:**

What activities, practices, or experiences bring you spiritual refreshment? Examples might include prayer, worship, time in nature, fellowship, or acts of service.

**Scripture for Renewal:**

Choose a verse that inspires spiritual renewal. Write it here:  
*“*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”\_  
(Book, Chapter:Verse)

How does this scripture encourage you to seek God’s presence for strength and restoration?

**Setting Intentions for Renewal:** What steps can you take to prioritize spiritual renewal this week? List three intentional actions:

**A Prayer for Renewal:**

Write a prayer asking God to refresh your spirit and guide you toward practices that bring you closer to Him.  
\_“Lord, I come to You seeking rest and renewal. I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Please fill me with Your peace and strength, and guide me to the places where I can reconnect with Your presence. Thank You for being my source of hope and joy. Amen.”*

**Overcoming Obstacles:**

What challenges might prevent you from prioritizing spiritual renewal, and how can you address them?

**Reflection on God’s Faithfulness:**

Recall a time when God restored your spirit in the past. How did He provide for you, and how does that memory reassure you now?

**Living in Renewal:** Write an affirmation to remind yourself to live with a spirit that is refreshed by God’s love and guidance.  
\_“I will renew my spirit through God’s presence because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.”*

May this worksheet inspire you to embrace spiritual renewal as a regular part of your life, drawing closer to God and finding peace in His everlasting care.