

RENEW



DAY 1 — Renewed Strength

Scripture: "Those who hope in the Lord will renew their strength." — Isaiah 40:31

Reflection: Strength is not something you force — it's something you receive. God renews you as you wait, rest, and lean into His presence. Renewal begins where striving ends, and where trust begins.

Journal Prompt: Where do I most need renewed strength in this season, and what would it look like to wait on God instead of pushing myself?

DAY 2 — Renewed Mind?

Scripture: "Be transformed by the renewing of your mind." — Romans 12:2

Reflection: Renewal starts in the mind. God reshapes your thoughts, patterns, and inner narratives. Transformation doesn't happen by trying harder — it happens by letting truth replace old stories.

Journal Prompt: What thought patterns need renewal, and what truth from Scripture speaks directly to them?

DAY 3 — Renewed Spirit

Scripture: "Create in me a clean heart, O God, and renew a right spirit within me." — Psalm 51:10

Reflection: Sometimes your spirit feels tired, discouraged, or weighed down. Renewal is God breathing fresh life into the places that feel worn. He restores what you cannot fix on your own.

Journal Prompt: What part of my spirit feels most in need of God's restoring touch today?

DAY 4 — Renewed Hope

Scripture: "His mercies are new every morning." — Lamentations 3:23

Reflection: Hope is renewed when you remember that every day begins with new mercy.

Yesterday's heaviness doesn't disqualify today's grace. God meets you with fresh compassion each morning.

Journal Prompt: Where do I need hope renewed, and how can I open my heart to God's new mercies today?

DAY 5 — Renewed Soul

Scripture: "He restores my soul." — Psalm 23:3

Reflection: God restores your soul gently. Renewal is not rushed. It happens in quiet places, still moments, and surrendered spaces. Your soul is safe in His care.

Journal Prompt: What practices or rhythms help restore my soul, and how can I make space for them this week?

DAY 6 — Renewed Purpose

Scripture: "Put on the new self... renewed in the spirit of your minds." — Ephesians 4:23–24

Reflection: Renewal invites you to step out of old patterns and into new identity. God is shaping you

into someone who reflects His heart more clearly. Renewal leads to purpose.

Journal Prompt: What old identity or pattern is God inviting me to release so I can walk in renewed purpose?

DAY 7 — Renewed Life

Scripture: "He saved us... by the renewal of the Holy Spirit." — Titus 3:5

Reflection: Renewal is the Spirit's work — a gift of grace, not effort. God makes you new from the inside out, restoring what you thought was beyond repair. Renewal is a daily miracle.

Journal Prompt: Where do I sense the Holy Spirit bringing renewed life, and how can I cooperate with His work?