

Rooted Simply Word Study: Renew



Scripture uses the word "renew" to describe how God restores, revives, and rebuilds what has been exhausted or broken. Renewal isn't self-help. It isn't striving. It isn't "trying harder." Renewal is something God does *in us* and *for us* — from the inside out.

The Hebrew & Greek Roots of "Renew"

Hebrew: **ḥādaš (חָדַשׁ)**

Meaning:

- to make new
- to restore
- to repair
- to rebuild
- to make fresh again

This word appears in verses like:

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

Here, *renew* means to **restore something to its original strength and purpose** — not just patch it up.

Another form, *ḥādašā (חֲדָשָׁה)*, means *newness* or *freshness*, as in:

"Behold, I am doing a new thing." — Isaiah 43:19

Renewal is God's way of bringing fresh life where something has grown stale or broken.

Greek: **anakainōō (ἀνακαινώνω)**

Meaning:

- to make new again
- to renovate
- to transform into something better
- to restore to a higher purpose

Used in verses like:

"Be renewed in the spirit of your minds." — Ephesians 4:23

"Though outwardly we are wasting away, inwardly we are being renewed day by day." — 2 Corinthians 4:16

This word paints a picture of **ongoing, continual renewal** — not a one-time event.

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The Biblical Picture of Renewal

Renewal in Scripture is not about returning to who you used to be. It's about becoming who God always intended you to be.

Renewal is:

restoration (Psalm 51:10)

strengthening (Isaiah 40:31)

transformation (Romans 12:2)

revival (Psalm 23:3)

rebuilding (Isaiah 61:4)

refreshing (Acts 3:19)

Renewal is God's answer to exhaustion, discouragement, and spiritual weariness.

Key Scriptures on Renewal

Isaiah 40:31 *"Those who hope in the Lord will renew their strength."* Renewal is tied to waiting on God, not striving.

Romans 12:2 *"Be transformed by the renewing of your mind."* Renewal begins internally — in our thoughts, beliefs, and patterns.

Titus 3:5 *"He saved us... by the washing of regeneration and renewal of the Holy Spirit."* Renewal is the Spirit's work — not ours.

Psalms 23:3 *"He restores my soul."* Renewal is deeply personal and deeply tender.

What Renewal Looks Like in Real Life

Renewal often begins quietly. It looks like:

clarity returning

hope rising

strength slowly rebuilding

peace settling in

old lies losing their grip

new desires forming

a softened heart

a steadier mind

Renewal is not instant. It is **daily**, **gentle**, and **Spirit-led**. Renewal is not something you force — it's something you receive. It's the quiet miracle God works in the places you surrender. And the more you lean into His presence, the more you'll discover that renewal isn't a moment... it's a way of life.