

**PART 1 DISCUSSION GUIDE: CHAPTERS 1-10**  
**“RENEW ME”**



SMALL GROUP DISCUSSION GUIDE

# RENEW ME BY YOUR SPIRIT

## **WEEK 1: LEST WE DRIFT AWAY AND FIRE!**

### **CHAPTER 1 & 2**

Icebreaker: Have a number of people in the group share a couple of little -known facts about themselves.

Video summary: [https://youtu.be/cCU77pbm\\_DA](https://youtu.be/cCU77pbm_DA)

#### Discussion Questions:

1. How would you describe what “drifting” means in your spiritual life?

#### Read the Bible text:

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:2 (NLT)

2. What stands out to you from Romans 12:2 (NLT)

3. What would it look like for you to be “on fire” for God?

(Fire is an analogy that Jesus uses a lot, for example, Luke 12:49-51)

4. If this is the starting point of a change in direction in your walk with God, in one sentence, how would you express the desire of your heart?

Prayer Time: Ask if some of the group would share what they would like prayer for.



SMALL GROUP DISCUSSION GUIDE

# RENEW ME BY YOUR SPIRIT

## **WEEK 2: GETTING UNSTUCK AND BIG ROCKS FIRST** **CHAPTERS 3 & 4**

Icebreaker/Group starter: Do you have a story of something getting stuck anytime in your life? Mud, snow, crawling into a small space as a kid, a boot, a hand in the cookie jar?

Video summary: <https://youtu.be/o1BfndebA5A>

### Discussion Questions:

1. We want to actually do something that moves us one step toward our goal of a vibrant relationship with God. From 'the big rocks first' chapter describe:

a) Something that you could remove from your life (keeping you stuck).  
Ungodly habits or behaviors.

b) Something that you could add or renew in your life, (getting you moving, unstuck). Bible reading, Prayer, the place of Money in your heart, Worship, Accountability.

2. The goal of this discussion is to help you to make progress by changing something. Start with what is obvious, move forward with confidence not with condemnation. The enemy condemns, our loving heavenly father only disciplines us for our good. The Holy Spirit convicts us to draw us closer to the Father's heart. Do not dwell on feeling guilty for what you are not, or the failings that you have found – REJOICE that you are in a phase of growth and progress. God is at work in your life. This is huge and should be a great encouragement to you. Take those first steps today, decide right now.

### Prayer Time:

a) How can we pray for you today?



SMALL GROUP DISCUSSION GUIDE

# RENEW ME BY YOUR SPIRIT

## **WEEK 3: THE BLESSINGS OF THE LORD** **CHAPTERS 6 & 7**

Icebreaker/Group starter: What has been one of the happiest days of your life?

Video Summary: <https://youtu.be/TbmrxsUmBXo>

### Discussion Questions:

1. Work as a group to bring clarity to the phrase “to be blessed”. What it is? What it is not?

Read the Scripture:

...Behold, how good and how pleasant it is for brethren to dwell together in unity!  
(harmony)

For harmony is as precious as the anointing oil that was poured over Aaron’s head, that ran down his beard and onto the border of his robe.

Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. For there the LORD commanded the blessing-- Life forevermore. Psalm 133:1-3

2. If Unity/Harmony is ‘precious’ and ‘refreshing’, what does the Lord do in that environment? What does that mean to you? Who does that blessing flow ‘down’ to? (It’s not all about me).

3. “Be of the same mind toward one another. . .17 Repay no one evil for evil. . . 18 If it is possible, as much as depends on you, live peaceably with all men (all people).” Romans 12:16-18.

a) What does “as much as depends on you” mean in our relationships?

4. In your past or present are there any people who have hurt you, disappointed you, mistreated you, falsely accused you or misunderstood you, offended you or even sinned against you? Spiritual leaders or authority figures? What about people

who have hurt those that you love, they have hurt a family member or a friend, and you have picked up the offense of someone you care about. Would you share a situation without names?

Prayer time:

a) If you are willing... Pray this prayer.

“Lord Jesus - Rid me of any feelings of anger or bitterness toward these people or that person. Holy Spirit right now, by faith I forgive from the heart, I choose to let go of those offenses and I will let the memories rest.”

“Lord I want the anointing of unity for my healing and for my fruitfulness. I ask that You “command” Your blessing upon my life and give me the power of the Holy Spirit to be able to change the things that need changing. Let Your blessings flow down to my family, my business/career and wherever You lead me. Oh mighty God, let me live in the anointing of unity from this day forward.”

b) Ask for one or two people to close in prayer.



SMALL GROUP DISCUSSION GUIDE

# RENEW ME BY YOUR SPIRIT

## **WEEK 4: FIERY ARROWS**

### **CHAPTER 8**

Icebreaker: Tell an embarrassing dating story.

Video Summary: <https://youtu.be/6jfRw036DuM>

Discussion questions:

1. Have you ever felt like you were “under attack”? Or, that the troubles you are facing keep “piling on”?

Read the Scripture:

...though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,” 2 Corinthians 10:3-5

2. How have you been able to bring “every thought into captivity to the obedience of Christ”?

3. Do you have an example where you feel a fiery arrow got through in your life? Mind, heart, truth, bible, witness?

4. How can we help one another to ‘overcome’, “And they overcame him by the blood of the Lamb and by the word of their testimony,” Revelation 12:11. What happens in our heart when we hear the “word of someone’s testimony”?

Note: next week is on “using the shield of faith”

Prayer time:

Break into smaller groups: Pray for each one for encouragement and faith.



SMALL GROUP DISCUSSION GUIDE

# RENEW ME BY YOUR SPIRIT

## **WEEK 5: USING THE SHIELD OF FAITH**

### **CHAPTER 9**

Icebreaker: If you had the money, the time and the knowledge what would you love to do?

Video Summary: <https://youtu.be/sLrhZkBvWXk>

Derrell Johnson says: “it is trusting in the truth that extinguishes the fiery arrows. It is actually trusting the God of truth that constitutes a shield.”

#### Read the Scriptures:

The Psalmist says: “My eyes are always on the Lord, for He rescues me from the traps of my enemies.” Psalm 25:15

“For every child of God defeats this evil world, and we achieve this victory through our faith. And who can win this battle against the world? Only those who believe that Jesus is the Son of God.” 1 John 5:4,5 (NLT)

” Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall.” Psalm 55:22

Our eyes and our heart must be on Jesus not on the fierce anger of the attack. It will not be our own ability to argue that protects us, it will be standing safe behind Christ crucified and risen from the dead.

#### Discussion Questions:

1. Describe how you could apply the concept of intercepting fiery arrows with the shield of faith.

2. Chapter nine has a three-step process (listed below), for identifying and removing arrows that have landed in your life. This is a home assignment but take a few moments to go over it together, so everyone is clear.

3. How could our potential be limited if we do not process the wounds of our past? Discuss the scripture:

“. . . don't sit around on your hands! No more dragging your feet! Clear the path for long-distance runners so no one will trip and fall, so no one will step in a hole and sprain an ankle. Help each other out. And run for it!” Hebrews 12:12-13 (MSG)

Prayer time: Pray for God’s design and purpose in our lives to be fulfilled without past baggage holding us back.

At home this week:

Get a piece of paper or notebook and write these things down.

1. Identify and remove the arrows by bringing them into the light of Christ’s healing power. Lies lose their power when exposed to the light of Christ’s truth. This step involves naming the hurts, wounds and experiences that are still causing us pain and limitation and writing them down. There will be a spectrum of items, each person has their own story. Some will seem small like a hurtful nickname; others will seem immense like sexual abuse, abandonment or betrayal. One way to think of this exercise is to think of a ‘spiritual inventory’. You are not seeking forgiveness again for the past sins you have committed and repented of. We are just identifying those roots of pain that intimidate us or rise up and manifest in ungodly behaviors or fears.

2. Apply the healing balm/salve of the blood of Jesus to the wounds.

The scripture teaches us that at the cross Jesus payed the price for our healing with His own wounds, so that “His wounds healed ours!” 1 Peter 2:24; Isaiah 53:4,5.

The blood of Christ can “purify our consciences from sinful deeds so that we can worship the living God” Hebrews 9:14 (NLT). By the means of His shed blood on the cross Jesus has “made peace with everything in heaven and on earth.”

Colossians 1:20

The blood of Christ is the means to peace, peace with God, peace with people – how wonderful that there is a pathway to peace!

Take each of the items on the list you have made and by faith speak words something like this:

“Jesus, I give You this fiery arrow..... It is \_\_\_\_\_. I apply your blood by faith, to the damage done in my life by this event or person. I ask You to heal me of this wound.”

“Lord Jesus I forgive \_\_\_\_\_ for what they did to me, by your blood. I will not withhold forgiveness when You have forgiven ALL my sins.”

“Lord Jesus, I release myself from \_\_\_\_\_ and the recurring guilt of \_\_\_\_\_ by Your blood. I forgive myself. You are Just and Merciful and because You have forgiven me, I choose to follow Your lead and forgive myself also.”

NOTE: (do not worry if this takes some time, or if you need to come back to it multiple times. For most people this is a process not a single event).



3. Find a trusted brother or sister in Christ, share this journey with them and ask them to pray with/for you.

James says, “Confess your sins (admit your faults) to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.” James 5:16 (NLT2)

By carrying one another’s burdens, we are fulfilling the law of Christ Galatians 6:2, the law of love!

This person doesn’t have to solve all your problems or explain why things happened, they just need to agree with you in the Name of Jesus and by the power of His blood for healing in every case. Their faith and agreement combined with yours creates the environment for breakthrough.

Once you have gone through this process then it is time again, to pick up the shield of faith. Having followed the scripture and applied the means of freedom (Christ’s blood), now we must put distance from the mental burden of those things, do not allow them to land again, extinguish the fiery arrows by faith.



SMALL GROUP DISCUSSION GUIDE

# RENEW ME BY YOUR SPIRIT

## **WEEK 6: YOU MUST COME INTO THE PARTY!**

### **CHAPTER 10**

Icebreaker: tell us about one of your all-time favorite parties and why it was your favorite?

Video Summary: <https://youtu.be/DZgeOXdlWfM>

#### Discussion Questions:

(have someone paraphrase the parable of the Prodigal son Luke 15:11ff)

1. Have a few people tell their story of coming to Christ.
2. Do you have a story of someone you know coming to faith? What was that like for you?
3. How could it happen that the 'older brother' ends up mis-aligned with the heart of the Father? Does he ever come into the party?
4. What is the currency that makes the angels happy? (Luke 15:7,10).
5. What happens to our faith and our perspective when we are involved in the party, (people coming to Jesus).
6. How could we be more intentional about this? What can we do about it?

#### Prayer time:

Pray for those people who are not yet followers of Jesus, people on a journey to God, people you care about.