
RENOVATE

TO MAKE NEW



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FLOW OF A RENOVATE SESSION

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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Call a Professional

SESSION 4: CALL A PROFESSIONAL

We spend money on books, counselors, doctors, and conferences trying to fix ourselves. People have been plagued by sin and struggles since the beginning of time. Some people lose marriages, jobs, relationships, and homes—all because they tried too hard to solve problems they weren't capable of solving.

Nearly two thousand years ago, the apostle Paul, who wrote most of the New Testament, diagnosed what's wrong with us. In a letter to the Christian church in Rome, he wrote:

For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.
(Romans 7:18–19)

You've experienced something similar, right? You want to live according to a certain set of standards. It could have something to do with honesty or how you treat others. It's easy to hold others to those standards. But you do not always maintain them yourself. You find yourself yelling at your kids, criticizing your spouse, or keeping the money when the cashier at the grocery store gives you too much change.

Many people don't know what the problem is, yet they try to fix it anyway. It's like looking under your car's hood when you don't know anything about cars; it might make you feel like you're doing something useful, but you still won't be able to fix the car. You can't solve a problem if you don't know what's wrong.

FREEDOM IN CHRIST

So, where do we solve the problem of knowing what we should do but not being able to do it? Start with the truth that being a Christian means you are in Christ. Jesus' death on the cross paid for your sins and changed your identity by placing you in God's family. You're given Jesus' past, present, and future. When he died on the cross, you

died with him. When God raised him from the dead, he raised you too. In Galatians 2:20, the apostle Paul explains it this way:

I have been crucified in Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Christ's death and resurrection demonstrated his power over sin. We have that power too. That's so freeing!

For we know that our old self was crucified in him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.

(Romans 6:6)

If this is true, why do we continue to say yes to a master that is no longer our master? Christ has given us the freedom of a new life, one in which we have the power to say no to sin. Some of us have said yes to sin our entire lives because we didn't know that Jesus had given us mastery over it. Sin may taunt and tempt us, but our new way of life is Jesus reigning in us.

CONCLUSION

We all wonder why we do things that hurt us and why we can't break bad habits. We look for solutions in books or sermons. We look for a *what* that will rescue us.

What a wretched man I am! Who will rescue me from this body that is subject to death? (Romans 7:24)

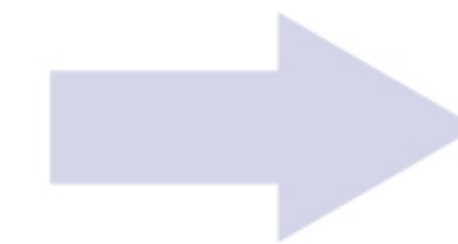
The truth is that the solution to our problem isn't a book or a sermon. It's not discipline or willpower. It's not a *what* at all. It's a *who*.

DISCUSSION QUESTIONS

1. In what ways do you think our culture's definition of "freedom" is inadequate? What are some potential costs of misunderstanding something as important as freedom?

2. During the video message, Clay says that we're only free when we depend on God. Do you think it's possible to be free and dependent at the same time? Why or why not?

3. Over the past three sessions, you explored the connection between false beliefs and unhealthy behaviors. Talk about how some of your false beliefs have stolen your freedom.



4. Read Proverbs 29:25. How do you think concern about what other people think about you may be preventing you from reaching your full potential?

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. (Proverbs 29:25)

5. Look back at the needs—security, satisfaction, and significance—that you explored in the *In-Session Activity* on pages 21–23. What is one thing you can do this week to start depending on Jesus to meet those needs? (Use the *Freedom Exercise* on pages 53 and 54 to explore this topic in greater depth.)

PRIMER:

THE HOMEWORK FOR THIS WEEK

- Complete the *Freedom Exercise*, pp. 53–54. (15 minutes)
- Read Session 5, p. 56. (5 minutes)

SECOND COAT:

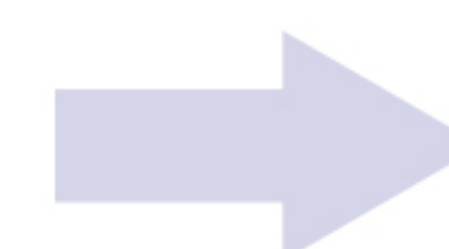
IF YOU WANT MORE

- After completing the *Freedom Exercise*, spend some additional time reading your answers and thinking about the content from this session.

HOMework: FREEDOM EXERCISE

When we become Christians, we become new creations. This exercise is designed to help you discover what it means to be a “new creation” and how to move toward the freedom that is offered to you.

1. People who claim to be Christians tend to fall into one of the three categories listed below. Circle the category that you most identify with.
 1. They believe what Jesus has done for them, and they live in freedom knowing they have a new identity and power in Christ.
 2. They believe what Jesus has done for them, but they still live controlled by false beliefs in different areas of their lives.
 3. They do not believe what Jesus has done for them, and they live outside the freedom offered in Christ.
2. On pages 21–23, you completed an assessment of your needs. Refer back to those pages now. Pick one or two areas you believe are controlling how you have acted and felt this week, and list those areas below.



3. Which false belief is fueling the needs you listed in question two?
(See pages 40–45 for examples of false beliefs.)

4. Based on the answers to questions two and three, set a goal to start each day this week with a prayer similar to the sample below:

*Jesus,
I am tired of seeking **satisfaction and value (need)** from **my job**. I need help living in the power and freedom of who you say I am. I have been believing that **my job determines my worth (false belief)**, and this is not true. I want to choose, this week, to believe that **I am valuable regardless of what I do (truth)**.*

.....

Jesus,
I'm tired of seeking _____ from _____.
(security, satisfaction, or significance) (e.g., my career)
I need help living in the power and freedom of who you say I am. I have been believing that _____, and this is not true. I want
(your false belief)
to choose this week to believe that _____.
(the truth)

We are offered freedom in Christ. When you find yourself drifting toward a false belief or unhealthy behavior, you can pray and ask God for help. The more you start to focus on God instead of your belief or behaviors, the more you will discover the freedom that is possible through a deep dependence on Christ.