
RENOVATE

TO MAKE NEW



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Cover and interior layout designed by 3C Expressions, Inc.

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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.

6

Demo Day

SESSION 6: DEMO DAY

Why do we have to suffer and go through trials? If God is good, shouldn't life be good all the time? Even if suffering is necessary for some people, why do Christians have to experience it? Shouldn't we, as God's children, get free passes? Sometimes it feels like non-Christians get the free passes to avoid suffering.

If we're talking about renovating our lives, suffering is often God's form of demolition. It's a way of clearing out our old ways of believing, behaving, and feeling in order to make way for something new and better.

Suffering is necessary because it can lead us to brokenness—complete surrender of everything we rely on for our identities, except Christ. Brokenness isn't a condition but a position or attitude. It is when God brings us to the end of ourselves. It's where we want nothing more than him. Through our brokenness, God redeems our suffering so we can experience abundant life.

GOD'S PURPOSE FOR BROKENNESS

God's ultimate purpose for brokenness is to break our dependency on anything other than him. It's to make us aware of our complete dependence on him. He doesn't want us to suffer. He's not trying to punish us. He knows that the only way we can experience abundant life is to depend solely and completely on him—and he loves us deeply enough to allow trials and suffering to make us aware of that dependence.

It's not necessary for us to know or understand the purposes of our circumstances. In fact, sometimes we pray for God to change our circumstances when he is actually using those circumstances to accomplish his purposes.

CONCLUSION

Difficult circumstances help us grow and rely on God. He wants to minister to others through us. Every trial we face brings an awareness of our own insufficiency and an increased dependence upon his complete sufficiency.

DISCUSSION QUESTIONS

1. Have you ever seen someone grow as a result of suffering? If so, how did the experience change your perception of that person?

2. Why do you think we're tempted to believe that suffering is abnormal and a pain-free life is possible? What are some of the costs of that false belief?

3. How do you tend to respond to suffering? Do you try to deflect it, numb it, run from it, or face it head-on? What is the downside to that tendency?

4. On page 64, we read that "God's ultimate purpose for brokenness is to break our dependence on anything other than him." Does this seem fair? Why or why not?



5. What is one area of your life in which you need to surrender your will to God? What is one thing you can do this week to surrender? How can this group support you?

PRIMER:

THE HOMEWORK FOR THIS WEEK

- Complete the *Letting Go* exercise, pp. 69–70. (15 minutes)
- Read Session 7, pp. 72–73. (5 minutes)

SECOND COAT:

IF YOU WANT MORE

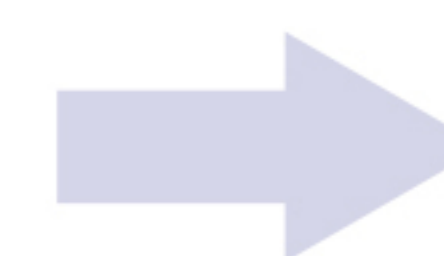
- After completing the *Letting Go* exercise, spend some additional time reading your answers and thinking about the content from this session.

HOMework: LETTING GO

Below is a list of things we try to hold onto or depend on other than Christ. Read through the list and select the statements that are true for you.

I STRUGGLE TO LET GO OF MY RIGHT...

- | | |
|---|---|
| <input type="checkbox"/> To my opinions | <input type="checkbox"/> To my life looking like it did in the past |
| <input type="checkbox"/> To my timing | <input type="checkbox"/> To my habits |
| <input type="checkbox"/> To the fulfillments of my expectations | <input type="checkbox"/> To my future plans and dreams |
| <input type="checkbox"/> To judge | <input type="checkbox"/> To control, fix, or direct |
| <input type="checkbox"/> To be loved | <input type="checkbox"/> To be significant |
| <input type="checkbox"/> To be thanked or appreciated | <input type="checkbox"/> To prosper |
| <input type="checkbox"/> To be married | <input type="checkbox"/> To know future outcomes |
| <input type="checkbox"/> To have a child | <input type="checkbox"/> To get my way |
| <input type="checkbox"/> To blame | <input type="checkbox"/> To success |
| <input type="checkbox"/> To rescue | <input type="checkbox"/> To my choices |
| <input type="checkbox"/> To be rescued | <input type="checkbox"/> To my occupation |
| <input type="checkbox"/> To be needed or wanted | <input type="checkbox"/> To be used by God |
| <input type="checkbox"/> To have the approval of other people | <input type="checkbox"/> To escape or avoid bad circumstances |
| <input type="checkbox"/> To be heard | <input type="checkbox"/> To fear |
| <input type="checkbox"/> To take offense | <input type="checkbox"/> To be emotionally secure |
| <input type="checkbox"/> To be justified | <input type="checkbox"/> To experience pleasant circumstances |
| <input type="checkbox"/> To have an attractive body | <input type="checkbox"/> To be accepted |
| <input type="checkbox"/> To have wealth | <input type="checkbox"/> To be understood |
| <input type="checkbox"/> To my time | <input type="checkbox"/> To be acknowledged |
| <input type="checkbox"/> To life itself | <input type="checkbox"/> To have relationships |



- To have a happy marriage
- To tell others what I know
- To meet the needs of other people
- To financial success
- To be right
- To defend
- To have justice done
- To be happy
- To be healthy
- To my possessions
- To be comfortable
- To my recreation time or activities
- To my geographical location
- To self-sufficiency
- To my satisfaction
- To my securities
- To be strong
- To my reputation
- To my feelings
- To notoriety
- To know God's will
- To demand things from God

God does not promise any of these things. We often think that we deserve or have earned them. When you let go of your rights and become fully surrendered, God is able to do unbelievable things ... more than you could ever imagine.