

2020 RENEWAL GUIDE



40 Days of Renewal is an intentional season when, as a church, we pursue lasting renewal in Christ in every area of life.

During this time, we examine our practices, cast off what is unhealthy and worldly, and draw near to God by the Holy Spirit through our great mediator, Jesus Christ. In this, the Spirit empowers us to put off sinful and worldly patterns and put on our new nature in Christ, walking in his way of wisdom.

As a church family, let's pursue lasting renewal in the power of the Spirit as we seek to make healthy choices, develop our spiritual lives, and purpose to live for the glory of God.

My prayer for you is that you will experience the renewal of Christ these 40 Days and live gloriously in his kingdom long after this season concludes.

Randy Hunter



For more information about 40 DAYS of RENEWAL visit mbchurch.com

TEXT

MBRENEWAL to 33222

to receive text reminders for the Scripture readings

Rhythms of Renewal

Read, Pray, Praise Texts 3X a Day: 7:00 AM, 12:00 PM, 7:00 PM

> Sunday Morning Worship: 8:00 AM and 10:45 AM

Life Group—40 Days Curriculum: 9:30 AM

Cottage Prayer Gatherings: Begins Sunday, January 5th at 6:00 PM Continues Weekly at Various Times

Wednesday Night Bible Study: Romans 8 6:00 PM in the Worship Center

Make Healthy Choices

"You are not your own, for you were bought with a price. So glorify God with your body." 1 Cor. 6:19b-20

Our culture prizes excess and convenience, and the enemy has used this to introduce a spiritual lethargy into the church of Jesus Christ through people's poor physical health. Contrary to the lies of the enemy, the physical and the spiritual are not two separate realities that do not interact with one another. They are intertwined realities, both affecting the other and both to be lived under submission to Christ and his Lordship.

Poor stewardship of your physical health poorly displays the self-control of the Spirit. It can cause anxiety, limit your capacities for joy and service in the kingdom, and inhibit your ability to focus in

We should fight against anything that makes us unhealthy. If overeating makes us unhealthy, fight it by the Spirit. If laziness and lack of exercise makes us unhealthy, fight it with the power of the Holy Spirit. - John Piper

Bible reading, prayer, and biblical meditation. It can even indicate an idol in your life that is replacing the Lord.

During this 40 Days of Renewal seek the renewal of the Spirit through making healthy choices, putting to death the sinful motivations behind your decisions and glorify God with your body.

Other Helpful Resources

desiringgod.org/interviews/exercising-the-body-for-the-sake-of-the-soul desiringgod.org/articles/how-to-fight-unhealthy-snacking https://www.challies.com/articles/guard-your-health/

Develop Your Spiritual Life

² Blessed are those who keep his testimonies, who seek him with their whole heart, ³ who also do no wrong, but walk in his ways! Psalm 119:2-3

Bible intake and prayer are the food and air of the Christian life. Yet, so many of us regularly find ourselves in seasons of spiritual malnourishment. Our flesh beckons us to choose sleep over personal time with the Lord and leisure over the gathering of the saints in worship. But if we are to experience the Spirit's renewal in our lives, we must seek to develop our spiritual lives through the disciplines of the faith.

Discipline is not legalism. Discipline, understood rightly, is grounded in the promise of joyful happiness for those who seek the Lord with their whole being. The disciplines become simple habits overflowing from a heart in love with our Lord and Savior Jesus Christ.

"The state of our heart is of utmost importance as we practice spiritual disciplines. It's possible to read our Bibles, pray, attend worship, and even take the Lord's Supper for all types of carnal reasons. Unless we do it for God's glory, and our joy in him, it does us no ultimate good."- Steve Childers

This 40 Days of Renewal, enjoy the Lord through your personal and corporate pursuit of him. Jesus is the true vine, and we are the branches. If we abide in him, he will develop our spiritual lives and increase our joy.

Other Helpful Resources

desiringgod.org/interviews/consistent-spiritual-discipline-is-not-legalism www.ligonier.org/learn/articles/place-prayer/ desiringgod.org/articles/nine-profits-of-praying-with-company

Purpose to Live for the Glory of God

Whatever you do, work heartily, as for the Lord and not for men. Colossians 3:23

There is no secular/sacred divide in this life. Every rhythm of this life will either draw you closer to the Lord or away from him. Our culture widely embraces a work-eat-entertainment-sleep cycle that gives no thought to fulfilling one's purpose for existence.

Work is viewed as a hindrance to happiness, rather than an avenue to enjoying God and furthering his kingdom through the labor of one's hands. The culture's entertainment glorifies sin and self instead of the Creator. Rest is either neglected due to

"Destroying evil thoughts and lofty opinions really begins... by refusing to put ourselves in the polluted streams of entertainment, and acclimating and habituating our minds to righteousness through God's word and the echoes of his stories we find in other stories." - Abigail Dodds

the anxious toil produced by the "more, more, more" mindset or idolized to the point of sluggishness and ineffectiveness. None of these glorify God, and all of these inhibit the renewal offered by the Spirit.

The days are evil. Instead of being dragged into mediocrity, we need to regain our significant purpose given in the gospel and live purposeful lives for the glory of God.

Other Helpful Resources

www.desiringgod.org/articles/we-become-what-we-watch www.thegospelcoalition.org/article/created-for-work/ www.epm.org/blog/2012/Oct/8/enjoying-rest

All these with one accord were devoting themselves to prayer... Acts 1:14a

Through the gospel, the Lord promises the renewal of the Spirit to believers (Titus 3:4-7, ESV). This is good news. For it is the Spirit of God who brings about lasting transformation, not you. Therefore, the old adage that "people never change" is indeed false. The fundamental truth of the gospel is that through Christ, people can change, for it is the Spirit who changes them. However, we must diligently seek after this renewal from above, both as individuals and in community with other believers.

Our first Cottage Prayer Night on January 5th at 6 PM is an opportunity for MeadowBrook to gather across our community and seek the Lord's renewal. The church set this model in Acts 2 as they gathered in homes for prayer. We desire to engage the Lord in this same manner, for God delights to bring about renewal in the lives of his people in response to their prayers (c.f. Jas. 4:1-10; Zeph. 3:14-20; Matt. 7:7-11). Over and over again in the book of Acts, we see the Lord moving in response to the communal prayers of his people, and we hope that the Lord brings about significant renewal at MeadowBrook.

"The Holy Ghost does not flow through methods, but through men. He does not come on machinery, but on men. He does not anoint plans, but men—men of prayer." — E.M. Bounds, Power Through Prayer



FAQs

What is a cottage prayer night?

A cottage prayer night is simply a small group (6-10), inhome prayer gathering. We will seek the Lord with others in prayer, asking him to bring about renewal in our lives. We will also pray for the other prayer needs of MeadowBrook, and pray for the effectiveness of kingdom ministry at Meadow-Brook both in Etowah County and around the world.

When do they meet?

The first Cottage Prayer Night meets **Sunday, January 5th, at 6 PM**. After that evening, we hope that your group will continue to meet throughout the season of 40 Days of Renewal. Some may continue to meet each Sunday evening. Some may choose to meet on another night that works best with their schedule. And even some may need more flexibility in their meetings for other reasons. Our hope is not to stick to a rigid plan, but to gather in our rhythms of everyday life.

What does a meeting look like?

A Cottage Prayer Night can look a variety of different ways. Still, generally, people will arrive at the appointed time, connect, share any prayer needs, and then you pray together. That's it! The entire meeting should last about an hour, which is not as long as it seems. It is recommended to mix in some scripture readings and a simple hymn or two during the meeting. There is no need to have a highly structured evening.This is not a Bible Study; we are simply gathering to pray and draw near to the Lord together.

We recognize that some structure is helpful, so we have included some sample prayer sessions in the following pages.

What does it look like to host one?

Hosting one means that you open up your home to be the place the group would meet. There is no need to prepare food or even to make sure everything is perfectly put together. Our purpose is to come together for prayer in the rhythms of everyday life. While it may be in some situations most natural for the person hosting to guide the prayer time, it is not necessary to do so. There are many reasons one might host and have another guide the prayer time. If you decide to host a group, please email <u>hunter@mbchurch.com</u> and let us know you are hosting one. We'd love to begin praying for you.

I can't host one at my home, but I want to be in one. What do I do?

The best thing you can do is to talk to your Life Group about it, and see if anyone is willing to host one. If not in your Life Group, then someone else you know at MeadowBrook. If you are still unable to connect to a prayer group, then email <u>hunter@mbchurch.com</u> to get connected to one.

What if I have young kids?

At our (Hunter and Taylor's) house, we have decided to embrace the chaos and seek to find ways to manage the craziness and still find time to intentionally pray with other adults. We've noticed our children playing with toys that allow them to copy mommy and daddy. We have concluded that since we desire our children to one day pray both individually and with others, they need to see us praying with others. Much of what kids learn from their parents is caught rather than taught, and pursuing the Lord in prayer with others is something we want them to catch. So, we are going to make use of some of the methods on the next page during these meetings.

Here are some suggestions to help manage the chaos of praying with young children in the house:

- 1. After praying briefly with your kids in the room, take turns with other parents to watch the children in 15-30 minute increments. Couples could break this responsibility up, or the men could watch the kids for half the time and the women for the other half.
- 2. Hire a baby-sitter to watch all the children who are present and split the cost.

13 Ways to Engage Your Children in Prayer

- 1. Explain how prayer is simply us talking with God.
- 2. Demonstrate body posture of prayer: kneeling, bowing your head, closing your eyes, etc. Explain that we do this to show humility and focus on God.
- 3. Pray out loud.
- 4. Sing simple songs of praise.
- 5. Make sure you use words your child will understand.
- 6. Ask your child what is something he/she loves about God.
- 7. Ask your child something he/she needs forgiveness for (something he/she did that was wrong).
- 8. Ask your child something he/she is thankful for.
- 9. Ask your child who he/she would like to pray for.
- 10. Use your own examples while doing this.
- 11. Write down prayer requests from your child.
- 12. Realize your child cannot do more than a few minutes, according to age and personality.
- 13. Above all, let this be a time of teaching and discipling your children.



Kristi Nichols

Children and Families Minister



Potential Topics for Prayer

- 1. Responding to the attributes of God with praise and adoration.
- 2. Giving thanks to the Lord for the week's events.
- 3. General, corporate confession of sins and pleas for forgiveness.
- 4. Renewal at MeadowBrook.
- 5. The effectiveness of ministry at MeadowBrook.
 - Take the week's handout and pray over the highlighted ministries and the weekly schedule.
 - Life Groups and Life Group Leaders. (5 groups a week)
 - Local: mbchurch.com/ministries/local-missions/
 - · Global: mbchurch.com/content-migration-global-missions/
 - Mission trips in 2020.
- 6. The families at MeadowBrook.
 - Strengthening of marriages.
 - Purity of children and students in the digital age.
 - The salvation of children and students.
 - Our Foster Care families.
- 7. The Time is Now Initiative.
 - For the safety of the workers.
 - For God's provision through the generosity of the people.
 - For the future ministry to take place in the new building.
- 8. Reaching the lost.
 - That as a church, we would be faithful to invite the lost to church and proclaim the gospel to them in conversation.
 - The salvation of specific lost people in your life by name.
 - That God would bless our Life Group initiative to invite 2500 people to church in 2020.
- 9. Care for the sick at MeadowBrook. (See handout each week)
- 10. Unreached people groups: joshuaproject.net
- 11. The persecuted church: opendoorsusa.org/take-action/pray/



Methods for Group Prayer

Subject prayer. Taking one of the listed topics or another topic and praying short popcorn prayers ranging from sentence to paragraph length until the group has exhausted the subject.

Tip: Keep it short and focused. Don't try to cover the entire topic in one prayer. Pray multiple times during one topic.

Praying through a psalm together. Take one of the psalms from the day's readings, divide it up amongst the group, and use the passage to guide your praying.

Tip: Start with a well-known psalm such as Psalm 23 or Psalm 16. Here is an excellent resource to walk you through this process in more detail:

thegospelcoalition.org/blogs/justin-taylor/how-to-pray-a-psalm/

Also, consider subscribing to David Platt's podcast "Pray the Word" wherever you listen to podcasts.

Partnered prayer. Sometimes it may even be helpful to partner up and pray either as married couples or partnering according to gender.

Representative prayer. There may be a topic pressing upon a particular individual. During this time, one person prays while the group actively listens and audibly affirms various requests throughout the prayer.

Singing prayer. When starting or closing the evening or in the middle of a specific topic, you may want to take a moment and sing a verse of a familiar hymn in prayer to God.

Tip: Keep the song simple and short, maybe just a verse or chorus of a well known and easy-to-sing song.



Sample Guides

Guide A

- Sing O Come Let Us Adore Him Chorus
- Subject Prayer: Praise God for his Attributes (Great section to involve children)
- Use the Handout as a Guide and partner up and pray for highlighted and scheduled ministries
- As a group, have one person read the names in the prayer needs section
- Pray for personal needs in the room and the lost in your lives
- Sing I Love You Lord

Guide B

- Share the ways you are thankful for how the Lord has worked and have a representative give thanks to the Lord
- Pick 2-3 topic and use a psalm to pray in those topics
- · Partner up and pray for one another
- Close with subject prayers for renewal in your group's life divided according to the three overarching topics
- Sing The Doxology

Guide C

- Going line by line, use the method of subject prayer to pray through the Lord's Prayer (Matthew 6:9-13)
- Sing the first verse of *Holy, Holy, Holy*
- Have a representative pray for the unreached people group of the day and another for the persecuted church using the links given in the topic section
- Pray as a group for the Time is Now Initiative
- Pray for the families represented in the room and for the families at MeadowBrook
- Sing Amazing Grace

Worship the Lord

Brief Hymns to Sing

O Come Let Us Adore Him

O come, let us adore Him O come, let us adore Him O come, let us adore Him, Christ the Lord

We'll Praise his name forever We'll praise his name forever We'll praise his name forever, Christ the Lord

Holy, Holy, Holy

Holy, holy, holy! Lord God Almighty early in the morning our song shall rise to Thee Holy, holy, holy! Merciful and mighty God in three persons Blessed Trinity!

Doxology

Praise God from whom all blessings flow Praise Him all creatures here below Praise Him above, ye heavenly hosts Praise Father, Son, and Holy Ghost Amen

God is so Good

God is so good, God is so good, God is so good, He's so good to me. **Worship the Lord**

Brief Hymns to Sing

Amazing Grace

Amazing Grace, How sweet the sound That saved a wretch like me I once was lost, but now am found T'was blind but now I see

T'was Grace that taught my heart to fear And Grace, my fears relieved How precious did that grace appear The hour I first believed

We Sing Praises to Your Name

We sing praises to your name, oh Lord, praises to your name, oh Lord, for your name is great and greatly to be praised.

Turn Your Eyes Upon Jesus

Turn your eyes upon Jesus, Look full in His wonderful face, And the things of earth will grow strangely dim, In the light of His glory and grace.

Oh, How I Love Jesus

Oh, how I love Jesus Oh, how I love Jesus Oh, how I love Jesus Because He first loved me

Worship the Lord

40 Days of Renewal Worship Playlist Clean by Natalie Grant All Creatures of Our God and King by Sovereign Grace Praise the King by Corey Voss You're Beautiful by Shane and Shane Waymaker by Christ Church Choir Found in You by Vertical Worship Singing in the Victory by Austin Stone Psalm 34 by Brooklyn Tabernacle Greater Than Great by Tommy Walker God of All My Days by Casting Crowns Your Love Awakens Me by Phil Wickham Great I Am by New Life Worship Come Ye Sinners by Vertical Worship Boldly I Approach by Rend Collective How Great Thou Art by Shane and Shane

Listen Online

Spotify: bit.ly/MB40Days Apple Music: bit.ly/MBRenewal Youtube: bit.ly/MB40DaysYT



DAILY BIBLE READING

WEDNESDAY, JANUARY 1 Passage: Psalm 119:1-32

THURSDAY, JANUARY 2 Passage: Psalm 119:33-64

FRIDAY, JANUARY 3 Passage: Psalm 119:65-96

SATURDAY, JANUARY 4 Passage: Psalm 119:97-136

SUNDAY, JANUARY 5 Passage: Psalm 119:137-176 TUESDAY, JANUARY 7 - DAY 2
◊ Morning Passage: Psalm 5-6
◊ Lunchtime Passage: Psalm 7
◊ Evening Passage: Psalm 8

WEDNESDAY, JANUARY 8 - DAY 3
Morning Passage: Psalm 9
Lunchtime Passage: Psalm 10
Evening Passage: Psalm 11-12

THURSDAY, JANUARY 9 – DAY 4 \diamond Morning Passage: Psalm 13-14 \diamond Lunchtime Passage: Psalm 15 \diamond Evening Passage: Psalm 16-17

FRIDAY, JANUARY 10 – DAY 5
Morning Passage: Psalm 18
Lunchtime Passage: Psalm 19
Evening Passage: Psalm 20-21

SATURDAY, JANUARY 11 – DAY 6
Morning Passage: Psalm 22
Lunchtime Passage: Psalm 23
Evening Passage: Psalm 24

Journal About How the Lord has Brought About Renewal

I will remember the deeds of the LORD; yes, I will remember your wonders of old. (Psalm 77:11 ESV)

Date:	Entry Title:

SUNDAY, JANUARY 12 – DAY 7
Morning Passage: Psalm 25
Lunchtime Passage: Psalm 26
Evening Passage: Psalm 27

TUESDAY, JANUARY 14 - DAY 9
Morning Passage: Psalm 31
Lunchtime Passage: Psalm 32
Evening Passage: Psalm 33

WEDNESDAY, JANUARY 15 – DAY 10
Morning Passage: Psalm 34
Lunchtime Passage: Psalm 35
Evening Passage: Psalm 36

THURSDAY, JANUARY 16 - DAY 11
Morning Passage: Psalm 37
Lunchtime Passage: Psalm 38
Evening Passage: Psalm 39

FRIDAY, JANUARY 17 – DAY 12
Morning Passage: Psalm 40
Lunchtime Passage: Psalm 41
Evening Passage: Psalm 42

SATURDAY, JANUARY 18 – DAY 13
Morning Passage: Psalm 43-44
Lunchtime Passage: Psalm 45
Evening Passage: Psalm 46

Journal About How the Lord has Brought About Renewal

I will remember the deeds of the LORD; yes, I will remember your wonders of old. (Psalm 77:11 ESV)

Date:	Entry Title:

MONDAY, JANUARY 20 – DAY 15 ◊ Morning Passage: Psalm 51 ◊ Lunchtime Passage: Psalm 52 ◊ Evening Passage: Psalm 53

TUESDAY, JANUARY 21 - DAY 16
◊ Morning Passage: Psalm 54-55
◊ Lunchtime Passage: Psalm 56
◊ Evening Passage: Psalm 57

WEDNESDAY, JANUARY 22 – DAY 17
Morning Passage: Psalm 58-59
Lunchtime Passage: Psalm 60
Evening Passage: Psalm 61

THURSDAY, JANUARY 23 - DAY 18
Morning Passage: Psalm 62
Lunchtime Passage: Psalm 63
Evening Passage: Psalm 64

FRIDAY, JANUARY 24 – DAY 19
Morning Passage: Psalm 65
Lunchtime Passage: Psalm 66
Evening Passage: Psalm 67

SATURDAY, JANUARY 25 - DAY 20
Morning Passage: Psalm 68
Lunchtime Passage: Psalm 69
Evening Passage: Psalm 70

Journal About How the Lord has Brought About Renewal

I will remember the deeds of the LORD; yes, I will remember your wonders of old. (Psalm 77:11 ESV)

Date:	Entry Title:

SUNDAY, JANUARY 26 - DAY 21
Morning Passage: Psalm 71
Lunchtime Passage: Psalm 72
Evening Passage: Psalm 73

MONDAY, JANUARY 27 – DAY 22 Morning Passage: Psalm 74 Lunchtime Passage: Psalm 75 Evening Passage: Psalm 76-77

TUESDAY, JANUARY 28 - DAY 23
Morning Passage: Psalm 78:1-31
Lunchtime Passage: Psalm 78:32-55
Evening Passage: Psalm 78:56-72

WEDNESDAY, JANUARY 29 – DAY 24
Morning Passage: Psalm 79
Lunchtime Passage: Psalm 80
Evening Passage: Psalm 81

THURSDAY, JANUARY 30 – DAY 25
Morning Passage: Psalm 82-83
Lunchtime Passage: Psalm 84
Evening Passage: Psalm 85

FRIDAY, JANUARY 31 – DAY 26
Morning Passage: Psalm 86
Lunchtime Passage: Psalm 87
Evening Passage: Psalm 88

SATURDAY, FEBRUARY 1 – DAY 27
Morning Passage: Psalm 89
Lunchtime Passage: Psalm 90
Evening Passage: Psalm 91

Journal About How the Lord has Brought About Renewal

I will remember the deeds of the LORD; yes, I will remember your wonders of old. (Psalm 77:11 ESV)

Date:	Entry Title:

SUNDAY, FEBRUARY 2 – DAY 28 Morning Passage: Psalm 92-93 Lunchtime Passage: Psalm 94 Evening Passage: Psalm 95

MONDAY, FEBRUARY 3 – DAY 29 ◊ Morning Passage: Psalm 96 ◊ Lunchtime Passage: Psalm 97 ◊ Evening Passage: Psalm 98

TUESDAY, FEBRUARY 4 – DAY 30
Morning Passage: Psalm 99-101
Lunchtime Passage: Psalm 102
Evening Passage: Psalm 103

WEDNESDAY, FEBRUARY 5 - DAY 31
Morning Passage: Psalm 104
Lunchtime Passage: Psalm 105:1-25
Evening Passage: Psalm 105:26-45

THURSDAY, FEBRUARY 6 - DAY 32
Morning Passage: Psalm 106
Lunchtime Passage: Psalm 107
Evening Passage: Psalm 108

FRIDAY, FEBRUARY 7 – DAY 33
Morning Passage: Psalm 109
Lunchtime Passage: Psalm 110-111
Evening Passage: Psalm 112-113

SATURDAY, FEBRUARY 8 – DAY 34
Morning Passage: Psalm 114-115
Lunchtime Passage: Psalm 116
Evening Passage: Psalm 117-118

Journal About How the Lord has Brought About Renewal

I will remember the deeds of the LORD; yes, I will remember your wonders of old. (Psalm 77:11 ESV)

Date:	Entry Title:

SUNDAY, FEBRUARY 9 – DAY 35 ◊ Morning Passage: Psalm 120-122 ◊ Lunchtime Passage: Psalm 123 ◊ Evening Passage: Psalm 124-125

MONDAY, FEBRUARY 10 – DAY 36 ◊ Morning Passage: Psalm 126-128 ◊ Lunchtime Passage: Psalm 129-130 ◊ Evening Passage: Psalm 131-132

TUESDAY, FEBRUARY 11 – DAY 37 Morning Passage: Psalm 133-135 Lunchtime Passage: Psalm 136 Evening Passage: Psalm 137

WEDNESDAY, FEBRUARY 12 - DAY 38
Morning Passage: Psalm 138
Lunchtime Passage: Psalm 139
Evening Passage: Psalm 140

THURSDAY, FEBRUARY 13 – DAY 39 Morning Passage: Psalm 141-142 Lunchtime Passage: Psalm 143 Evening Passage: Psalm 144

FRIDAY, FEBRUARY 14 – DAY 40
Morning Passage: Psalm 145
Lunchtime Passage: Psalm 146
Evening Passage: Psalm 147

Journal About How the Lord has Brought About Renewal

I will remember the deeds of the LORD; yes, I will remember your wonders of old. (Psalm 77:11 ESV)

Date:	Entry Title:



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