

THIS: Renewal
Jonathan Cleveland
August 17th, 2025

Discussion and Reflection Guide

The Holy Spirit wants to renew and redeem brokenness in us so that we can be healthy and whole. The Spirit will convict us of sin, heal us of wounds and reorient our thinking. Just like with Newness – Renewal is a persistent work of the Holy Spirit. Wherever the Spirit goes renewal happens. And if we are going to walk by the Spirit we have to welcome the work of renewal into our life.

We all have such artful and powerful defenses against the renewing work of the Holy Spirit in our lives that we need help seeing it and understanding it. *Every last one of us is actively deceiving ourselves and justifying ourselves.* And that quality in all of us makes us resistant to the work of the Holy Spirit.

*** How does that statement land with you?** *“all of us deceive and justify ourselves...”*

*** Have you ever experienced the grace of people in life your life that have helped you see the ways you aren’t always truthful with yourself and opened you to the renewing work of the Holy Spirit?**

The RENEWAL that the Holy Spirit is nudging us towards is THIS: Our behaviors, our thinking, and our approaches to life need to be adjusted.

Read and discuss Galatians 5:16-26 (NIV)

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law. 19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

*** What does Paul say produces new life?**

*** Have you had experiences before where the Spirit nudged you towards things that were full of life? Share it with your group.**

Not only does the Holy Spirit convict us, and lead us to renewed life, but he says the Spirit seals us. *Meaning it is the Spirit who makes sure that we are totally secure with God. This security with God allows us to tell the full truth about our SIN, our STORY and our THINKING.*

***Is the Spirit trying to convince you to look at a sin in your life and confess it learn to walk away from it towards a healthier way of life?**

***Is the Spirit trying to surface a wound that you’ve carried and never addressed. And it’s time to seek healing.**

***Is the Spirit trying to reorient your thinking? Are you trapped in insecure unhealthy thinking?**