

3. Go to bed—sleep
4. Take a day off—recreate
5. Incorporate healthy habits

3. The _____ of Renewal

A. _____

ISAIAH 26:3

³ *Thou wilt keep [him] in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

1. Soul
2. Home

B. _____

1. Home
2. Ministry

C. _____—sustainable

HEBREWS 12:1–2

¹ *Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset [us], and let us run with patience the race that is set before us, ² Looking unto Jesus the author and finisher of [our] faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*

Conclusion: _____

The Renewed Pastor’s Wife

Terrie Chappell

ISAIAH 40:28–31

²⁸ *Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. ²⁹ He giveth power to the faint; and to them that have no might he increaseth strength. ³⁰ Even the youths shall faint and be weary, and the young men shall utterly fall: ³¹ But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*

Introduction: _____

1. The _____ of Renewal

A. The _____

GENESIS 2:2–3

² *And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. ³ And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.*

MATTHEW 11:28–30

²⁸ *Come unto me, all ye that labour and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ³⁰ For my yoke is easy, and my burden is light.*

1. His public life flowed out of time of solitude.
2. Jesus lived within His limits.



3. Jesus lived in response to God’s plan—not the plan of others or the culture.
4. Jesus focused on the person standing in front of Him at the moment.

B. Mary & _____

LUKE 10:38–42

³⁸ Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. ³⁹ And she had a sister called Mary, which also sat at Jesus’ feet, and heard his word. ⁴⁰ But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. ⁴¹ And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: ⁴² But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

C. _____

1 SAMUEL 30:6

⁶ And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.

2. _____ of Renewal

A. Recognize our _____

JOHN 15:5

⁵ I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

B. Seek His _____

PSALM 1:1–3

¹ Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. ² But his delight is in the law of the LORD; and in his law doth he meditate day and night. ³ And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

1. Through prayer
2. Bible reading

C. Yield to the _____

ROMANS 12:1

¹ I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

D. Establish a _____

PSALM 37:3–7

³ Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. ⁴ Delight thyself also in the LORD; and he shall give thee the desires of thine heart. ⁵ Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. ⁶ And he shall bring forth thy righteousness as the light, and thy judgment as the noonday. ⁷ Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

1. Spend time with the Lord
2. Have a good work schedule