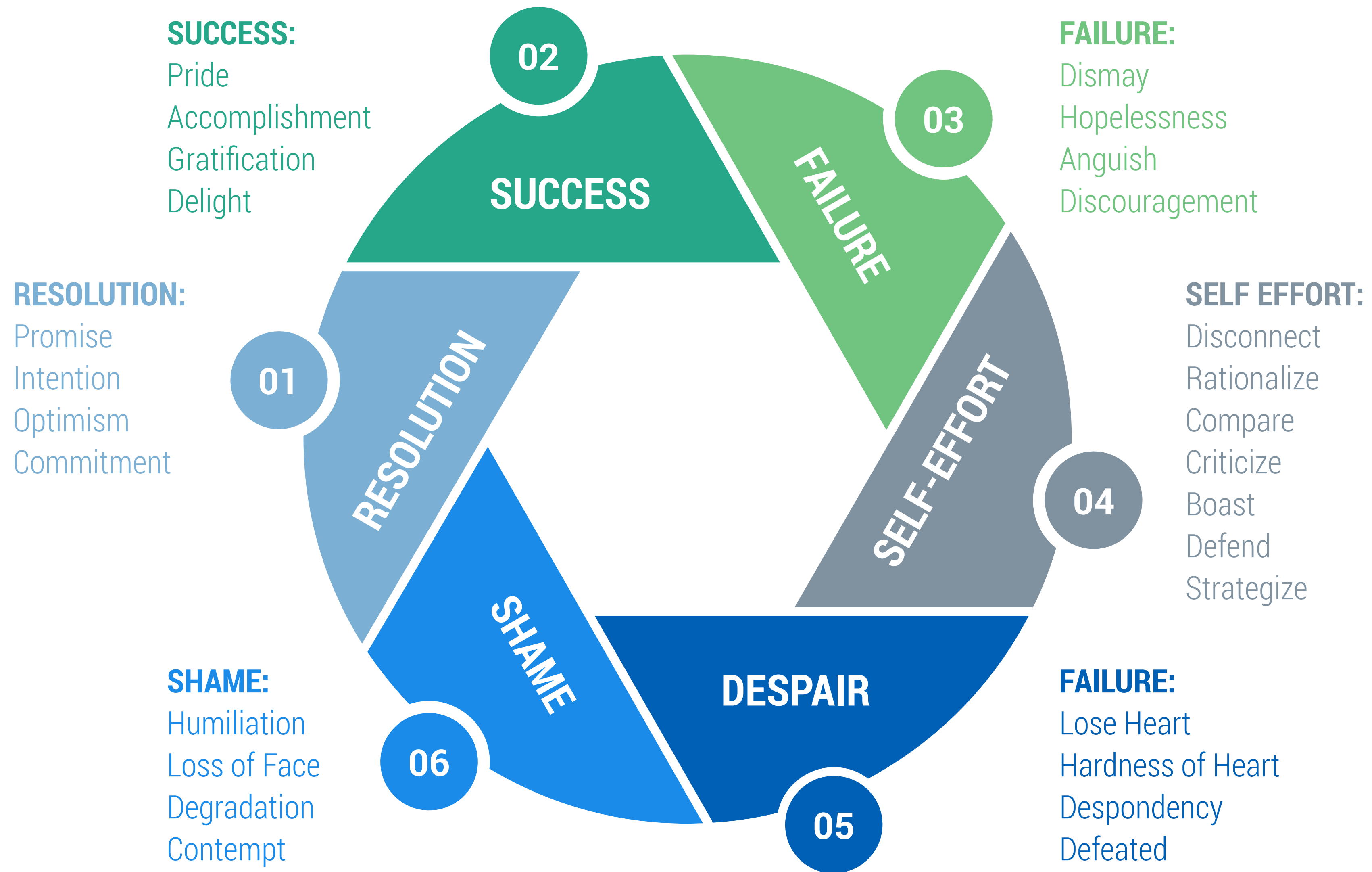


THE CYCLE OF SELF-EFFORT

What Is Our Perpetual Cycle Of Self-Effort?



THE RENEWAL CYCLE

How Do We Renew Ourselves In The Gospel?

Rejoice In Your Savior

What do you have in Christ to celebrate?

“Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.” - Romans 15:13

Preach The Gospel

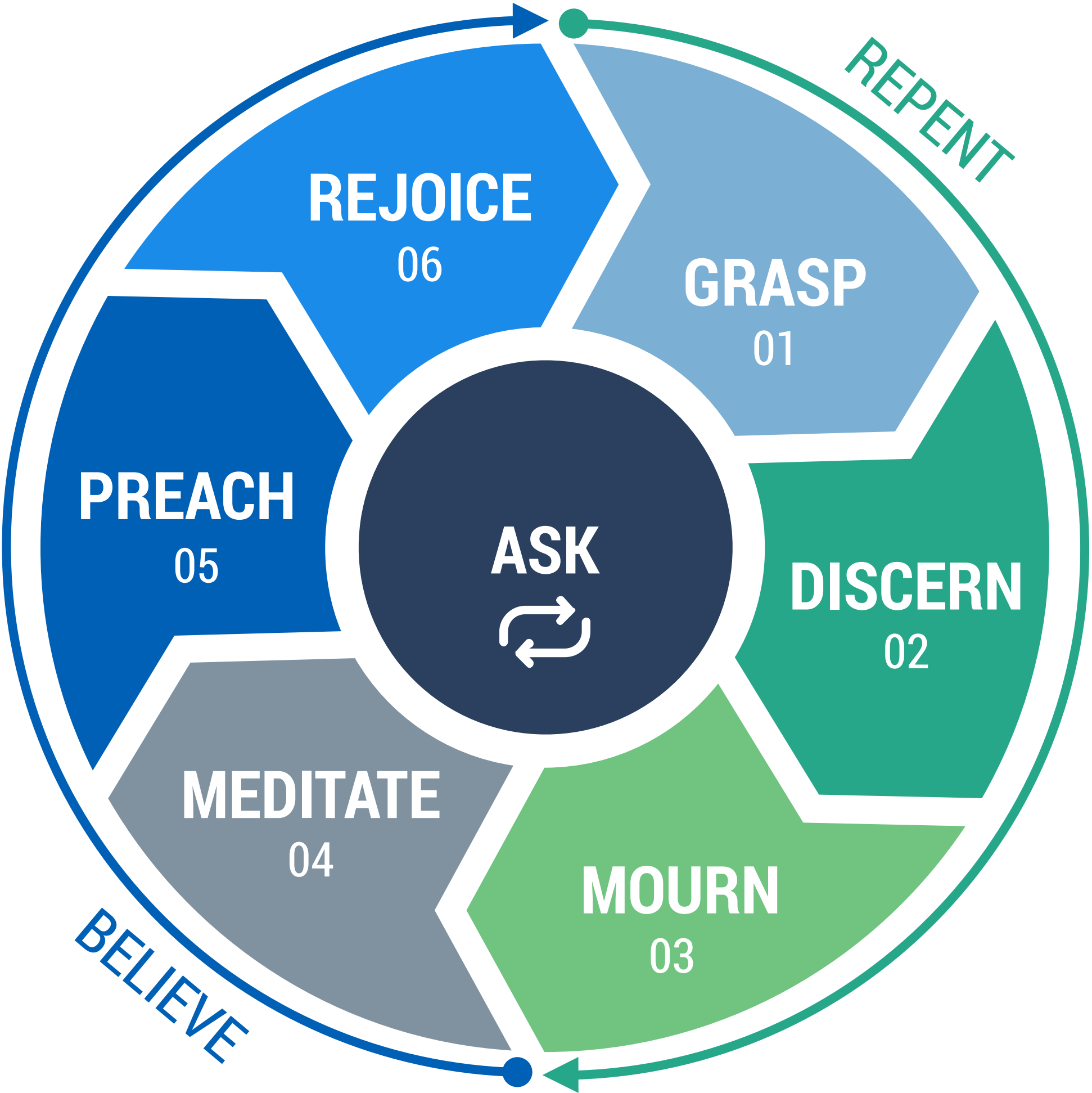
What do you need to preach to your heart?

“Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.” - Psalm 43:5

Meditate On The Gospel

What has, is and will Jesus do for you?

“My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue” - Psalms 39:3



Ask For The Spirit

How do you need the Spirit to help you?

“If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him.” - Luke 11:13

Grasp Your Sin

What did you do, think or feel?

“For I know my transgressions, and my sin is ever before me.” - Psalm 51:3.

Discern Your Heart

What are the motivational forces at play?

“Search me, O God, and know my heart! Try me and know my thoughts!” - Psalms 139:23

Mourn Your Sin

What sins do you need to confess & mourn?

“I confess my iniquity; I am sorry for my sin” - Psalms 38:1
“Be wretched and mourn and weep.” - James 4:9

