

REVIVE & REFRESH*21 Days of Celebration, Fasting and Prayer***REVIVE & REFRESH: BODY & MIND**

REVIVE - to come back to life; to live again after dying; to bring back to a healthy, vigorous or flourishing condition after a decline.

REFRESH - to make a person feel stronger, more energetic than before; to renew; to replenish.

Romans 6:11-13 Revive and Refresh your Body

¹¹ In the same way, count yourselves dead to sin but alive to God in Christ Jesus. ¹² Therefore do not let sin reign in your mortal body so that you obey its evil desires.

¹³ Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

Crucify Your Flesh

Count yourself dead to sin

Do not let sin reign in your body

Do not offer any part of your body to sin as an instrument of wickedness

Commit Yourself to God

Count yourself Alive to God in Christ Jesus

Offer yourself to God who has brought you from death to life

Offer every part of yourself to the Lord as an instrument of righteousness

Romans 8:5-8 Revive and Refresh your Mind

⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.

⁸ Those who are in the realm of the flesh cannot please God.

Thoughts

Thoughts – Actions

Thoughts – Actions – Habits

Thoughts – Actions – Habits – Lifestyle

Thoughts – Actions – Habits – Lifestyle – Eternal Destiny

Romans 8:9-13 Revive and Refresh your Mind

⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.

¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.

¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

¹² Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it.

¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

Divine Power to Fulfill our Obligation

The Holy Spirit who lives within you gives you the power you need to crucify the flesh, change your thinking, and empower you to walk in victory!

Romans 12:1-2 Worship the Lord in Body and Mind

Therefore, I urge you, brothers and sisters, in view of God's mercy, to **offer your bodies** as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

² Do not conform to the pattern of this world, but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.