



## Week 4

# Spiritual Renewal Daily

### Sermon Notes

#### **Psalm 51:10**

Create in me a clean heart, O God, and renew a right spirit within me.

Nehemiah 13:4-16

- 1. When spiritual life returned to “normal” people neglected important things**
  - As soon as Nehemiah left, they invited the enemy to stay in the temple
- 2. Commitment in Crisis is not the same as consistent commitment**
  - We can't coast from big spiritual moments to big spiritual moments.
- 3. The enemy look for open gates**
  - We need accountability to keep our gates shut when it is most difficult

#### **4. We need to finish well**

- We want to be the people who keep the faith to the end
- We do this by committing each day and having accountability in place

### **Questions to Consider**

**Why do you think it's easier to be spiritually committed during crisis than during ordinary, everyday life?**

**The sermon compared spiritual life to riding a bike downhill and coasting. Have you ever experienced "spiritual coasting" after a season of intense faith? What did that look like?**

**Read Psalm 51:10 again. The word "create" is in the present and future tense, meaning its ongoing. What daily spiritual renewal is necessary for you rather than just a one-time commitment?**

**Nehemiah set up guards at the gates to prevent compromise. What "guards" or boundaries do you need to establish to protect your spiritual life?**

### **Application**

Choose ONE of the following to implement this week:

#### **Option 1: Daily Renewal Practice**

- Set aside 15 minutes each day for spiritual renewal (prayer, Bible reading, worship)
- Don't just go through the motions—focus on connecting with God's heart
- Journal about what God is teaching you

#### **Option 2: Identify Your "Tobiah"**

- Ask the Holy Spirit to reveal what has been taking up space in your "temple" (life) that shouldn't be there
- What compromise have you allowed that's hindering your worship and devotion?
- Take concrete steps to remove it this week

#### **Option 3: Set Up Guards at Your Gates**

- Identify your weakest "gate"—where you're most vulnerable to spiritual compromise
- Establish a boundary or accountability system to protect that area
- Share this with someone in your group who can check in with you

#### **Option 4: Sabbath Reset**

- Commit to honoring a Sabbath rest this week
- Turn off work emails, social media, or whatever keeps you from rest
- Spend intentional time with God and loved ones

**★ Continue in your commitments to fasting and praying for salvation (details at [dayspring.tv/fast](https://dayspring.tv/fast)).**

**Pray for one another**