



I. Review of Past Sessions

A. Session 1 – The Right Flow

1. It is connected to our way of acting, thinking, doing, and reacting.
2. The flow of our life is directly connected to the flow proceeding from within.
3. Believers have a distinct flow.
 - a. **John 7:38 (NKJV)** – *He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.*
 - b. **John 7:38 (AMP)** – *He who believes in Me [who adheres to, trusts in, and relies on Me], as the Scripture has said, “From his innermost being will flow continually rivers of living water.”*
4. **This flow of life shows up through many different streams.**

B. Session 2 – The Right Flow of Worship

1. **Our life should be one of continual worship.**
2. **The Missing Flow of Worship.**
3. **The Flow of Worship releases the supernatural into your life.**

C. Session 3 – The Winning Flow

1. **Because of the flow of life that proceeds from us, there should be a stream of victory coming forth throughout our lives.**
2. **God never created us for failure or defeat. God intends for His people to be winners!**

D. Session 4 – The Flow of Strength

1. **The Flow of Living Water (Life) is a Flow of Strength.**



2. **God never intended for His people to be weak.**
3. **We have a supernatural flow of strength that comes from within.**

E. Session 5 – The Right Thoughts & Words

1. **Where are the words we're speaking coming from?**
2. **Our words have incredible power!**

F. Session 6 – The Flow of Real Life

1. **When we are born again – God's life exists within us. We are born again – ALIVE spiritually – GODS EVERLASTING – FULLNESS of life is a continuous flow within us – and proceeding from us.**
2. ***The Life that is in the Vine is flowing in my mortal body – THIS BODY – brining life – in me and through me. HIS LIFE!***

G. Session 7 – The Reigning Flow

1. **We are to take our position in the reigning flow.**
2. **The Reigning flow includes:**
 - a. Love – I execute love!
 - b. Peace
 - c. Wisdom
 - d. Creativity
 - e. Strength
 - f. Forgiveness
 - g. Encouragement
 - h. Hope

H. Session 8 – The Flow of All Sufficiency

1. **Sufficient – the amount needed to meet a need or purpose**



2. **God is all sufficient.**
 3. **As His child, I have the flow of all sufficiency working in my life.**
 4. **Is He enough?**
 5. **Believe in the ALL-SUFFICIENT Flow!**
- I. Session 9 – The Receiving Flow**
1. **Our flow indicates our tendencies, practices, patterns, routines, etc.**
 2. **Receiving**
 3. **Staying in the Receiving Flow**
- J. Session 10 – The Prayer Flow**
1. **Prayer should be in the flow of every believer!**
 2. **Stay in the Prayer Flow!**
- II. The Renewal Flow**
- A. Renewal – There are times that we need renewal or refreshing to occur in our faith life.**
1. **To come to a state of newness.**
 2. **To make like new.**
 3. **To restore freshness.**
 4. **To replenish.**



B. The journey of faith includes various seasons.

There are seasonal flows!

1. Seasons of sowing/planting.
2. Seasons of reaping.
3. Dreams, visions, goal setting.
4. Seasons of great strength.
5. Seasons OF Renewal and Refreshing.

Pastor's Note: My spiritual journey of faith has progressed much better since I learned that that there will be times of reset – adjustment – correction and RENEWAL; SPIRITUAL CYCLES!

CYCLE – a repeating series of events – predictable

When it comes to the life of faith – we seem to go through certain cycles – or seasonal flows.

- *I will experience times of momentum.*
- *I will experience time of great strength and vision.*
- *I will experience times when I need refreshing and renewal.*
- *Think about how many times this has occurred in your life.*
- *When you thought you were finished.*
- *When you thought you had no strength left.*

Suddenly – You experienced a flow of RENEWAL

Elijah felt that he could go on no further when pursued by Jezabel. The angel fed him twice.

Jesus for the disciples:

Mark 6:30-31 (NKJV) – ³⁰Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught ³¹and He said to them, “Come aside by

yourselves to a deserted place and rest awhile.” For there were many coming and going and they did not even have time to eat. So they departed to a deserted place in the boat by themselves.

John 21:1-14 (NKJV) – ¹After these things Jesus showed Himself again to the disciples at the Sea of Tiberias, and in this way He showed Himself: ²Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of His disciples were together. ³Simon Peter said to them, “I am going fishing.” They said to him, “We are going with you also.” They went out and immediately got into the boat, and that night they caught nothing. ⁴But when the morning had now come, Jesus stood on the shore; yet the disciples did not know that it was Jesus. ⁵Then Jesus said to them, “Children, have you any food?” They answered Him, “No.” ⁶And He said to them, “Cast the net on the right side of the boat, and you will find some.” So they cast, and now they were not able to draw it in because of the multitude of fish. ⁷Therefore that disciple whom Jesus loved said to Peter, “It is the Lord!” Now when Simon Peter heard that it was the Lord, he put on his outer garment (for he had removed it), and plunged into the sea. ⁸But the other disciples came in the little boat (for they were not far from land, but about two hundred cubits), dragging the net with fish. ⁹Then, as soon as they had come to land, they saw a fire of coals there, and fish laid on it, and bread. ¹⁰Jesus said to them, “Bring some of the fish which you have just caught.” ¹¹Simon Peter went up and dragged the net to land, full of large fish, one hundred and fifty-three; and although there were so many, the net was not broken. ¹²Jesus said to them, “Come and eat breakfast.” Yet none of the disciples dared ask Him, “Who are You?”—knowing that it was the Lord. ¹³Jesus then came and took the bread and gave it to them, and likewise the fish. ¹⁴This is now the third time Jesus

showed Himself to His disciples after He was raised from the dead

6. Refreshing and Renewal is sure to come.

I can stand through the tests as long as I know that a refreshing is on the way.

Knowing this keeps me in patience!

Knowing this keeps me on course!

C. Renewal/Refreshing Scriptures

1. **Isaiah 40:31 (NKJV)** – *But those who wait on the LORD Shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint*

Isaiah 40:31 (AMP) – *But those who wait for the LORD [who expect, look for, and hope in Him] will gain new strength and renew their power; they will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; they will run and not become weary, they will walk and not grow tired*

- a. **The flow of NEW STRENGTH:** *The flow of renewal is the flow of new strength!*
- b. **Notice those who receive this flow of new strength are in a waiting position – expectancy.**
- c. **We must come to the place when it seems we feel weakened by life's circumstances, TO WAIT WITH CONFIDENT EXPECTATION THAT RENEWAL IS COMING!**
- d. **Renewal is in my flow!**
Its my tendency to wait upon it.
Its my tendency to be refreshed – renewed.
It's a pattern – of refreshing – that repeats over and over, as needed in my life.

2. **2 Corinthians 4:16 (NKJV)** – *Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being*

renewed day by day.

2 Corinthians 4:16 (AMP) – *Therefore we do not become discouraged [spiritless, disappointed, or afraid]. Though our outer self is [progressively] wasting away, yet our inner self is being [progressively] renewed day by day*

- a. Paul spoke of the inward man being RENEWED day by day.
- b. Renewed – new strength – *with everything the early church members experienced, they needed this flow of renewal.*
- c. It kept them going.
- d. Kept them ministering.
- e. Kept them on course.
- f. Kept them standing.

D. We must learn to Expect the seasons of RENEWAL!

E. Stir up Renewal in your life!

1. Prayer

2. Worship

- a. Times when worship renewed strength.
- b. **Psalm 22:3 (KJV)** – *But thou art holy, O thou that inhabitest the praises of Israel*
- c. **Habbakuk 3:16-19 (NKJV)** – ¹⁶*When I heard, my body trembled; my lips quivered at the voice; rottenness entered my bones; and I trembled in myself, that I might rest in the day of trouble. When he comes up to the people, He will invade them with his troops. ¹⁷Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stalls ¹⁸Yet I will rejoice in the LORD, I will joy in the God of my salvation. ¹⁹The LORD God is my strength; He will make my feet like deer's feet, and He will make me walk on my high hills.*
 - When Habbakuk was weakened by the circumstances – *He stirred up courage – hope and strength.*
 - *He was in the renewal flow.*

3. The Word – One Word from God can change your life!

- a. A fresh rhema word from the Lord.
- b. **Elijah** what are you doing here!
- c. A word from the Lord spoken in a burning bush set Moses life back on course.
- d. A word from the Lord – in bright shining light – Changed Saul’s name to Paul.
- e. **John on the Isle of Patmos** – I was in the spirit on the Lord’s day – and I heard a voice from behind me saying – *I am the Alpha and the Omega, the First and the Last.*

F. Paul Understood the Renewal Flow!

1. **Philippians 4:11-13 (NLT)** – ¹¹*Not that I was ever in need, for I have learned how to be content with whatever I have. ¹²I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³For I can do everything through Christ, who gives me strength.*
2. **Romans 8:35-39 (NKJV)** –³⁵*Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ³⁶As it is written: “For Your sake we are killed all day long; we are accounted as sheep for the slaughter.” ³⁷Yet in all these things we are more than conquerors through Him who loved us. ³⁸For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord*
3. **Paul knew the secret of the renewal flow.**
 - He found it when beaten.
 - He found it in prison.
 - He found it when he was stoned and left for dead.
 - He found it when snake bitten.

- He found it when ship wrecked.