

I. Introduction

Since sin entered the world, the human heart has become hardened, corrupt, and depraved (Jeremiah 17:9).

The Old Testament is filled with stories of people rebelling against God and falling into sin.

Paul also describes in Romans 1-3 how wicked and deceitful the human heart is.

To restore and renew the human heart, God has given us four precious gifts.

II. Main Message

1. God has given the Holy Spirit to those who believe in Jesus and are saved.

The Holy Spirit softens hearts that were once hardened like stone (Ezekiel 36:26).

Just as a liver transplant brings new life to a patient with cirrhosis, the dead heart comes alive again.

The renewed heart begins to worship, learn, teach, and respond to God (Acts 2:42-47).

Those filled with the Holy Spirit begin to show clear signs of His work (Colossians 3:12-15).

No one can stop the fruit of the Spirit from growing (Galatians 5:22).

2. God has given us His Word—the Bible.

The Word of God is the most powerful weapon against Satan (Ephesians 6:17).

Jesus Himself defeated Satan through the Word (Matthew 4:1-10).

The Word of God performs spiritual surgery on our wounded and sick hearts (Hebrews 4:12).

The Word is like a mirror that reveals the true condition of our hearts (Hebrews 4:12).

3. God has given us the privilege of prayer.

When we pray, God guards our hearts and minds (Philippians 4:6-7).

David prayed to God whenever fear overwhelmed him (Psalm 42).

Hannah and Jesus both renewed their hearts through quiet prayer.

Especially prayers offered with thanksgiving bring peace to our hearts.

Gratitude is a powerful medicine that heals the heart.

4. God renews our hearts through corporate worship in community.

Corporate worship includes the Holy Spirit, the Word, prayer, praise, and fellowship.

The believers in the Jerusalem church met daily in the temple to praise, fellowship, and worship together.

When members of one body gather in unity to worship, God fills their hearts with peace (Colossians 3:15-16).

III. Conclusion

Five Steps of Mind-Renewing Silent Prayer (MRSP)

1. Look honestly into your heart.

2. Ask God to renew your heart.

3. Confess with your mouth who the Bible says you are.

4. Confess with your mouth who the Bible says God is.

5. Give thanks to God.

<Who Is God?>

1. God is the Creator of heaven and earth.
2. God is all-knowing and all-powerful.
3. God loves me and gave His only Son for me.
4. God is my Father.
5. God is my Savior.
6. God is my Shepherd.
7. God is the Lord of heaven and earth.
8. God is the King of kings.
9. God provides all that I need.
10. God is my Rock.
11. God is my Shield.
12. God is my Fortress of protection.
13. God is my Refuge.
14. God is my Shade.
15. God holds my right hand.
16. God guards me as the apple of His eye.
17. God is my Comforter.
18. Jehovah Jireh — The Lord who provides for me.
19. Jehovah Rapha — The Lord who heals me.
20. Jehovah Nissi — The Lord is my banner of victory.
21. Jehovah Shalom — The Lord who gives me peace.
22. Jehovah Rohi — The Lord is my Shepherd.
23. Jehovah Tsidkenu — The Lord is my righteousness.
24. Jehovah Shammah — The Lord is ever-present with me.
25. El Shaddai — God Almighty.

**Bible
Memorization**

A VERSE FOR THIS WEEK

“And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.” (Colossians 3:15, ESV)

**Bible
Reading**

11/10(Mon)	11/11(Tue)	11/12(Wed)	11/13(Thur)	11/14(Fri)	11/15(Sat)	11/16(Sun)
John 4-5	John 6	John 7-8	John 9-11	John 12-13	John 14-16	John 17-18

QT

Quiet Time Passage

11/10(Mon)	11/11(Tue)	11/12(Wed)	11/13(Thur)	11/14(Fri)	11/15(Sat)	11/16(Sun)
Joshua 1:10-18	Joshua 2:1-7	Joshua 2:8-14	Joshua 2:15-24	Joshua 3:1-8	Joshua 3:9-17	Joshua 4:1-14

**Sharing
Questions**

1. From today's message, what touched your heart or gave you the most grace? Share one thing with the group.
2. The Bible says the human heart is deceitful and corrupt. What are the four gifts God has given us to renew our hearts and make them pleasing to Him? Explain each one.
3. When you feel anxious, worried, or afraid, and your heart loses peace, which of the four—the Holy Spirit, the Word, prayer, or corporate worship—helps you the most to renew and guard your heart?
4. The pastor introduced a five-step silent meditation prayer as a way to renew our hearts. Discuss what each step means and how it can help renew your heart.