



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

## **Chapter 9. Realizing the necessity of KNOWLEDGE.**

**Week 35: AFFIRMATIONS, and ways to renew and transform our minds.**

### **Video: Stuart Saves His Family**

[Click here to watch a video clip in our Vimeo account.](#)

### **Word of the Week: Renew**

**Theme verse:** *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

– 2 Corinthians 4:16

**Additional Verses:** *Who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.* – Psalm 103:4-5

**Quote:** “Every day I will renew my commitment and think about the benefits that come from it.” – John C. Maxwell

**John Eldredge:** “Without the bedrock of affirmation, a man will move unsteadily through the rest of his life, trying to prove his worth and earn belovedness through performance or achievement, through sex, or in a thousand other ways.”

**Questions:** Are you actively participating in the renewing of your mind?  
Do you believe God will renew your mind and life without your effort?  
What areas of your life would you like God to renew?

### **Highlight Video: I have a New Name, Hosanna Wong**

[Click here to watch in our Vimeo account.](#)

## Word of the Week: Renew

### Dictionary:

*verb*

- to begin or take up again, as an acquaintance, a conversation, etc.; resume.
- to make effective for an additional period: *to renew a lease*.
- to restore or replenish: *to renew a stock of goods*.

### Synonyms:

restock, revive; reestablish, recover, restore.

**Quotes: “It is the obligation of the ruler to continually renew himself in order to renew the people by his example.”** – Confucius

**“We must always change, renew, rejuvenate ourselves; otherwise, we harden.”** – Johann Wolfgang von Goethe

**“When we work with love we renew the spirit; that renewal is an act of self-love, it nurtures our growth.”** – Bell Hooks

**“Rivers are places that renew our spirit, connect us with our past, and link us directly with the flow and rhythm of the natural world.”**  
– Leo Tolstoy

**“Together, we must renew our continued commitment to serve and pledge to bring a positive change to our communities.”**  
– Arnold Schwarzenegger

**“Let us renew our trust in God, and go forward without fear.”**  
– Abraham Lincoln

**“Every day I will renew my commitment and think about the benefits that come from it.”** – John C. Maxwell

**“God aims first to renew man’s darkened spirit by imparting life to it, because it is this spirit which God originally designed to receive His life and to commune with Him. God’s intent after that is to work out from the spirit to permeate man’s soul and body.”** – Watchman Nee

**Bible: 2 Kings 23:3**

The king stood by the pillar and **renewed** the covenant in the presence of the Lord—to follow the Lord and keep his commands, statutes and decrees with all his heart and all his soul, thus confirming the words of the covenant written in this book. Then all the people pledged themselves to the covenant.

**Psalm 51:9-11**

Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and **renew** a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me.

**Psalm 103:4-5**

Who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is **renewed** like the eagle's.

**Isaiah 40:31**

But those who hope in the Lord will **renew** their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

**Matthew 19:28**

Jesus said to them, “Truly I tell you, at the **renewal** of all things, when the Son of Man sits on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel.

**Romans 12:1-2**

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. 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.

**2 Corinthians 4:16**

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being **renewed** day by day.

**Colossians 3:9-10**

Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being **renewed** in knowledge in the image of its Creator.