



Speak the Word Church
International
Women's Bible Study
Friday, August 7th 2020
6:30 - 8:00 PM
Online

Refresh, Revive & Renew Part 3



Agenda 6:30pm-8:00pm

*Women who have preregistered should attend the online meeting and respond to the invitation that you had received after registration to log into to the Bible Study through Zoom.

GOALS & KEY CONCEPTS:

- To understand God's concept for His Sabbath rest.
- To explore, acknowledge and accept where you need to be refreshed, revived, and renewed in your life.
- To understand the healing power of God's Word when we apply it to our daily lives.
- To know that you can live a restored life in a relationship with Jesus.

ICEBREAKER

- Why does this topic relate to you as a woman?
- What areas of your life need to be refreshed, revived, and renewed?



A. DEFINITIONS:

- REFRESH:** 1. To restore strength and animation. 2. To freshen, to update.
3. Repair and restore.
- REVIVE:** 1. To return to consciousness or life; become active or flourishing again. 2. To restore from a depressed, inactive, or unused state: bring back.
3. To renew in the mind or memory.
- RENEW:** 1. To make new spiritually. 2. To make extensive changes. 3. To repeat or resume.

ICEBREAKERS:

- What are some areas of your life where you think you need to be renewed?
- What areas of your life have you renewed recently based on the Word of God?

SCRIPTURES FOUNDATION:

ROMANS 12:2

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.

ROMANS 8:5-16

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.

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[d] 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[e] 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.

14 For those who are led by the Spirit of God are the children of God. 15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.[f] And by him we cry, "Abba, Father." 16 The Spirit himself testifies with our spirit that we are God's children.

PSALM 51:10

Create in me a pure heart, O God, and *renew* a steadfast spirit within me.

B. YOU ARE A SPIRIT, YOU POSSESS A SOUL AND YOU LIVE IN A BODY.

YOUR SPIRIT:

2 CORINTHIANS 5:17 Therefore, if anyone is in Christ, the new creation has come:[a] The old has gone, the new is here! **18** All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation:

EPHESIANS 2:1-5

2 As for you, you were dead in your transgressions and sins, **2** in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. **3** All of us also lived among them at one time, gratifying the cravings of our flesh[a] and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. **4** But because of his great love for us, God, who is rich in mercy, **5** made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

YOUR SOUL:

The soul consists of your mind, will and emotions. Your mind consists of your thoughts, ideas and perception.

- Our minds must be renewed according to the Word of God.

DEFINITIONS:

THOUGHTS: Thoughts are to bring up a memory, it is the imagination, the image in your head based on your judgements, or opinions.

IDEAS: Ideas are formulated thoughts, a plan of action and design.

PERCEPTIONS: Perception is your awareness and understanding of your thoughts and ideas, and the thoughts and ideas of others.

- Your mind directs your will and your emotions.

C. Five “F”s of Renewal for Women

1. **Faith** - Where do you need to renew your faith? How do you think about Jesus?
2. **Family** - Is there any areas of your family life that needs to be renewed according to the Word of God? (Your singleness, your marriage, your parenting, extended family, etc...)
3. **Fitness** - How does God want you to renew your body? (What you eat, drink, wear, how you engage with behaviors related to your body and mind-body connection.)
4. **Friendship** - Do you need to renew your friendships? Are there any relationships around you that do not want to renew their mind, and this impacts you?
5. **Finances** - How does the Lord want you to renew your mind about money? How do you make money i.e. career/education/business? Renewal about tithing, giving, saving, and investing etc.

NOTES

MY FAITH:

MY FAMILY:

MY FITNESS:

MY FRIENDSHIP:

MY FINANCES:

D. Women & Renewing Scriptures

Let us read these scriptures and apply how the women in these biblical narratives renewed their minds according to their encounter with Jesus or the man of God. Use the five areas of renewal for woman.

The Renewal of Ruth

Ruth 2:1-23

² Now Naomi had a relative on her husband's side, a man of standing from the clan of Elimelek, whose name was Boaz.

² And Ruth the Moabite said to Naomi, "Let me go to the fields and pick up the leftover grain behind anyone in whose eyes I find favor."

Naomi said to her, "Go ahead, my daughter." ³ So she went out, entered a field and began to glean behind the harvesters. As it turned out, she was working in a field belonging to Boaz, who was from the clan of Elimelek.

⁴ Just then Boaz arrived from Bethlehem and greeted the harvesters, "The LORD be with you!"

"The LORD bless you!" they answered.

⁵ Boaz asked the overseer of his harvesters, "Who does that young woman belong to?"

⁶ The overseer replied, "She is the Moabite who came back from Moab with Naomi. ⁷ She said, 'Please let me glean and gather among the sheaves behind the harvesters.' She came into the field and has remained here from morning till now, except for a short rest in the shelter."

⁸ So Boaz said to Ruth, "My daughter, listen to me. Don't go and glean in another field and don't go away from here. Stay here with the women who work for me. ⁹ Watch the field where the men are harvesting and follow along after the women. I have told the men not to lay a hand on you. And whenever you are thirsty, go and get a drink from the water jars the men have filled."

¹⁰ At this, she bowed down with her face to the ground. She asked him, "Why have I found such favor in your eyes that you notice me—a foreigner?"

¹¹ Boaz replied, "I've been told all about what you have done for your mother-in-law since the death of your husband—how you left your father and mother and your homeland and came to live with a people you did not know before. ¹² May the LORD repay you for what you have done. May you be richly rewarded by the LORD, the God of Israel, under whose wings you have come to take refuge."

¹³ "May I continue to find favor in your eyes, my lord," she said. "You have put me at ease by speaking kindly to your servant—though I do not have the standing of one of your servants."

¹⁴ At mealtime Boaz said to her, "Come over here. Have some bread and dip it in the wine vinegar."

When she sat down with the harvesters, he offered her some roasted grain. She ate all she wanted and had some left over. ¹⁵ As she got up to glean, Boaz gave orders to his men, "Let her gather among the sheaves and don't reprimand her. ¹⁶ Even pull out some stalks for her from the bundles and leave them for her to pick up, and don't rebuke her."

¹⁷ So Ruth gleaned in the field until evening. Then she threshed the barley she had gathered, and it amounted to about an ephah.^[a] ¹⁸ She carried it back to town, and her mother-in-law saw how much she had gathered. Ruth also brought out and gave her what she had left over after she had eaten enough.

¹⁹ Her mother-in-law asked her, "Where did you glean today? Where did you work? Blessed be the man who took notice of you!"

Then Ruth told her mother-in-law about the one at whose place she had been working. "The name of the man I worked with today is Boaz," she said.

²⁰ "The LORD bless him!" Naomi said to her daughter-in-law. "He has not stopped showing his kindness to the living and the dead." She added, "That man is our close relative; he is one of our guardian-redeemers.^[b]"

²¹ Then Ruth the Moabite said, "He even said to me, 'Stay with my workers until they finish harvesting all my grain.'"

²² Naomi said to Ruth her daughter-in-law, "It will be good for you, my daughter, to go with the women who work for him, because in someone else's field you might be harmed."

²³ So Ruth stayed close to the women of Boaz to glean until the barley and wheat harvests were finished. And she lived with her mother-in-law.

Ruth 3:1-6

One day Ruth's mother-in-law Naomi said to her, "My daughter, I must find a home^[a] for you, where you will be well provided for. ² Now Boaz, with whose women you have worked, is a relative of ours. Tonight, he will be winnowing barley on the threshing floor. ³ Wash, put on perfume, and get dressed in your best clothes. Then go down to the threshing floor, but don't let him know you are there until he has finished eating and drinking. ⁴ When he lies down, note the place where he is lying. Then go and uncover his feet and lie down. He will tell you what to do."

⁵ "I will do whatever you say," Ruth answered. ⁶ So she went down to the threshing floor and did everything her mother-in-law told her to do.

Let us review what areas were impacted by the following for Ruth to renew her mind:

Faith – Imagine what Ruth thought about the Lord? Is there anything she needs to renew about her faith in relation to her mindset about the Lord?

Family - What does Ruth need to renew about how she thinks about her family? Her past familial experiences and what her future family could be?

Fitness - What does she need to renew about her fitness and her body?

Friendship - What does she need to renew about friendship?

Finances - What area of her life needs to be renewed about provision?

The Renewal of the Woman at the Well

Now Jesus learned that the Pharisees had heard that he was gaining and baptizing more disciples than John—² although in fact it was not Jesus who baptized, but his disciples. ³ So he left Judea and went back once more to Galilee.⁴ Now he had to go through Samaria. ⁵ So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.⁷ When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ⁸ (His disciples had gone into the town to buy food.)⁹ The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.

¹⁰ Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."¹¹ "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?" ¹² Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?"

¹³ Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."¹⁵ The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."¹⁶ He told her, "Go, call your husband and come back."

¹⁷ "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. ¹⁸ The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

¹⁹ "Sir," the woman said, "I can see that you are a prophet. ²⁰ Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem."²¹ "Woman," Jesus replied, "believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. ²³ Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. ²⁴ God is spirit, and his worshipers must worship in the Spirit and in truth."

25 The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." 26 Then Jesus declared, "I, the one speaking to you—I am he." 27 Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" 28 Then, leaving her water jar, the woman went back to the town and said to the people, 29 "Come, see a man who told me everything I ever did. Could this be the Messiah?" 30 They came out of the town and made their way toward him.

31 Meanwhile his disciples urged him, "Rabbi, eat something." 32 But he said to them, "I have food to eat that you know nothing about." 33 Then his disciples said to each other, "Could someone have brought him food?"

34 "My food," said Jesus, "is to do the will of him who sent me and to finish his work. 35 Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. 36 Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. 37 Thus the saying 'One sows, and another reaps' is true. 38 I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor."

39 Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." 40 So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. 41 And because of his words many more became believers. 42 They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world."

Faith - How did this woman's engagement with Jesus transform her faith?

Family - What does she need to renew about her mindset about family?

Fitness - How does fitness/health apply to this woman?

Friendship - What does this woman need to renew about friendship?

Finances - What is her financial situation? What is she doing and how does it impact the renewing of her mind?

THE RENEWAL OF PENINAH

1 There was a certain man from Ramathaim, a Zuphite[a] from the hill country of Ephraim, whose name was Elkanah son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephraimite. 2 He had two wives; one was called Hannah and the other Peninnah. Peninnah had children, but Hannah had none.

3 Year after year this man went up from his town to worship and sacrifice to the Lord Almighty at Shiloh, where Hophni and Phinehas, the two sons of Eli, were priests of the Lord. 4 Whenever the day came for Elkanah to sacrifice, he would give portions of the meat to his wife Peninnah and to all her sons and daughters. 5 But to Hannah he gave a double portion because he loved her, and the Lord had closed her womb. 6 Because the Lord had closed Hannah's womb, her rival kept provoking her in order to irritate her. 7 This went on year after year. Whenever Hannah went up to the house of the Lord, her rival provoked her till she wept and would not eat. 8

Her husband Elkanah would say to her, "Hannah, why are you weeping? Why don't you eat? Why are you downhearted? Don't I mean more to you than ten sons?"

9 Once when they had finished eating and drinking in Shiloh, Hannah stood up. Now Eli the priest was sitting on his chair by the doorpost of the Lord's house. 10 In her deep anguish Hannah prayed to the Lord, weeping bitterly. 11 And she made a vow, saying, "Lord Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head."

12 As she kept on praying to the Lord, Eli observed her mouth. 13 Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk 14 and said to her, "How long are you going to stay drunk? Put away your wine." 15 "Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord. 16 Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief." 17 Eli answered, "Go in peace, and may the God of Israel grant you what you have asked of him."

Faith - How did this woman renew her faith in the Lord because of her circumstances?

Family - What does she need to renew about her mindset about her family? What are her circumstances?

Fitness - How does fitness/health apply to this woman?

Friendship - What does this woman need to renew about friendship? What relationships need to be considered?

Finances - What is her financial situation? What is she doing and how does it impact the renewing of her mind?

FINAL NOTES