

Renewing our Spiritual Lives: 28 Days to Change Your Life

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[Note: In 2009, I wrote a series of blogs and mini-articles which suggested a series of meditations and affirmations for strengthening our spiritual lives. This article summarizes that information and provides it in one link.]

"Don't be like the world, but be transformed by constantly renewing your mind and thinking. In this way, you will know the will of God and understand how good, complete, and pleasing it is." (Rom. 12:2).

Every day, the temporal value system and advertising of the world bombards us through the things we see, hear, and read. We learn through television, radio, email, websites, daily conversations, and observation what it takes to get ahead in this world. Many of the messages we receive are intentional—encouraging us to adopt the values and behaviors of this the world. Most of the messages are subtle—no 'in your face' demands that you identify as worldly values, just the message that you will be missing something in your life if you don't buy in.

Because of these non-stop attempts to get into our wallets and our lives, and take our attention off what really matters, it is vital that we renew our minds with the eternal value system of God's Word. Each day we must regain focus on the important issues of who we are, why we are here, and where we are going. A very helpful habit is reading affirmations from God's Word each night before going to sleep. The Bible is our "Renewal Handbook." Reading affirmations does not require much time.

At least five kinds of affirmations are found in Scripture: (1) attributes of God, (2) the works and work of God, (3) the value of relationship with God, (4) the rewards of character development, and (5) the beauty of relationship with others. I encourage you, as you read the word of God, to identify a daily (or weekly) affirmation, to memorize it, and to meditate on it as part of your daily routine. You will note that there are seven affirmations for each week and fourteen blessing texts in the final week.

Affirmations for Meditation (Week 1)

What God is Like (New Testament)

- Sunday: God is light; in him there is no darkness at all. (1 John 1:5)
- Monday: God is love. Whoever lives in love lives in God, and God in him. (1 John 4:16)
- Tuesday: God (is) the blessed and only Ruler, the King of kings and Lord of lords. (1 Tim. 6:15)
- Wednesday:who lives in unapproachable light, whom no one has seen or can see. (1 Tim. 6:16)
- Thursday: God is spirit, and his worshipers worship in spirit and truth. (John 4:24)
- Friday: And God is faithful, he will not let you be tempted beyond what you can bear. (1 Cor. 10:13)
- Saturday: And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. (2 Cor. 9:8)

Affirmations for Meditation (Week 2)

God's Mighty Works (Psalm 136)

- Creation. By his understanding he made the heavens, spread out the earth upon the waters, made the great lights—the sun to govern the day, the moon and stars to govern the night. (Ps. 136:5-9)
- Deliverance. He struck down the firstborn of Egypt and brought Israel out from among them with a mighty hand and outstretched arm; he divided the Red Sea asunder and brought Israel through the midst of it. (136:10-14)
- Exodus. He swept Pharaoh and his army into the Red Sea; he led his people through the desert, struck down great king, killed mighty kings—Sihon king of the Amorites and Og king of Bashan. (136:15-20)
- Promised Land. He gave their land as an inheritance, an inheritance to his servant Israel. (136:21-22).
- Freedom. He remembered us in our low estate and freed us from our enemies. (136:23-24)
- Provision. He gives food to every creature. (136:25)
- Thanksgiving. Give thanks to the God of heaven. (136:26)

Affirmations for Meditation (Week 3)

Affirming our Place in God's Plan (2 Timothy 2)

- We are children—sons and daughters. We are children of God; we are spiritual children of those who have trained us in the faith. We seek to be strong in God's grace, capable of training others who will train others. (2:1-2)
- We are like soldiers. Soldiers often endure hardship. Soldiers are single-minded and focused on their task; they are not easily distracted. They serve their commander loyally. (2:3-4)
- We are like athletes. We are in a competition and honor and obey the rules. (2:5)
- We are like farmers. Our job is to work in the harvest. We are sowers and reapers. We can expect to receive a reward from that which we produce. (2:6)
- We are workers. As workers, we are hired. We seek the approval of God who oversees our work. We seek to be diligent workers; we want to be skilled workers. (2:15)
- We are vessels or instruments. Not every vessel is noble, but we can be noble instruments for God through the pure lives we live. God's purpose for us is noble. When we place ourselves in his hands, we are useful in very good work. (2:20-21)
- We are servants. As servants, we live a certain kind of life and develop certain kinds of skills. It is not enough merely to commit ourselves to serving. We are called to peaceful living, kindness, skilled teaching, and gentleness. We serve because we genuinely care for others. (2:24-26).

Affirmations for Meditation (Week 4)

People of Character are Blessed by God (Psalms)

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. (1:1)

Blessed is he whose transgressions are forgiven, whose sins are covered. **Blessed** is the man whose sin the LORD does not count against him and in whose spirit is no deceit. (32:1-2)

Blessed is the nation whose God is the LORD, the people he chose for his inheritance. (33:12)

Taste and see that the LORD is good; **blessed** is the man who takes refuge in him. (34:8)

Blessed is the man who makes the LORD his trust, who does not look to the proud, to those who turn aside to false gods. (40:4)

Blessed is he who has regard for the weak; the LORD delivers him in times of trouble. (41:1)

Blessed are those who dwell in your house; they are ever praising you. **Blessed** are those whose strength is in you, who have set their hearts on pilgrimage. O LORD Almighty, **blessed** is the man who trusts in you. (84:4,5,12)

Blessed are those who have learned to acclaim you, who walk in the light of your presence, O LORD. (89:15)

Blessed is the man you discipline, O LORD, the man you teach from your law.... (94:12)

Blessed are they who maintain justice, who constantly do what is right. (106:3)

Praise the LORD. **Blessed** is the man who fears the LORD, who finds great delight in his commands. (112:1)

Blessed are they whose ways are blameless, who walk according to the law of the LORD. **Blessed** are they who keep his statutes and seek him with all their heart. (119:1-2)

Blessed are all who fear the LORD, who walk in his ways. (128:1)

Blessed are the people of whom this is true; **blessed** are the people whose God is the LORD. (144:15)

Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God.... (146:5)