

Renew... A Right Spirit

Have you felt that things are just not right in your mind and spirit? Many things happen that can cause this to happen. You had a bad day or week. Things are just not working the way they should. You did something you regret and it has impacted everything on the inside. Somebody did something and you have been struggling with it in your spirit. You are in a battle with the adversary and your mind and spirit are troubled. Several individuals in the Bible had the same kinds of things happen.

David had gone through one of the most difficult seasons in his life.

He miserably failed God and sinned and as a result experienced spiritual and emotional distress. That was when he cried out to God for mercy. David made no pretense about his failure or need for forgiveness, so he cried out to God. He knew that if he received anything, it would be according to God's lovingkindness and tender mercies. As a result of his season of failure, he lost his joy and gladness. Feeling crushed and desperate before God, he needed renewal and restoration.

Psalm 51:10-12 ESV Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit.

Renewal is a resumption or refreshing of life and strength. Restoring is a similar word that means reinstate, repair or renovate. Renewal is when you take something that is broken, tattered, torn and make it like new. We do it with things in our lives all of the time. We put a fresh coat of paint on the house. We wash the car or sweep and mop the floor. We are attempting to make it look new.

David needed more than a cover-up.

His loss and discouragement had devastating consequences and he was broken and felt dirty. He had lost the joy of his salvation. His spirit was wounded.

Sin and failure will do that.

David always had a song in his heart. He sang songs and wrote many psalms of praise to God in the fields and in the palace. When David sang, evil spirits that tormented Saul would leave. That was one of the reasons King Saul had called him into the palace. David loved to sing praises before God.

In David's prayer for renewal, he spoke about his song.

Psalm 51:14-15 NIV84 Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness. O Lord, open my lips, and my mouth will declare your praise.

Renewal and refreshing has that kind of impact. When things are right, our spirit is filled with joy.

Job went through one of the most difficult seasons of life.

He lost everything that gave him joy. He lost his family, wealth, and health. Satan was doing his best to destroy that blameless and upright man. Job feared God and kept believing that God would be his portion and bring him out of that trial. One of the days when his burden was heavy and no relief was in sight, Job remembered the good times.

Job 29:2-3 NKJV Oh, that I were as in months past, As in the days when God watched over me; When His lamp shone upon my head, And when by His light I walked through darkness;

Job 29:4-6 NKJV Just as I was in the days of my prime, When the friendly counsel of God was over my tent; When the Almighty was yet with me, When my children were around me; When my steps were bathed with cream, And the rock poured out rivers of oil for me!

Job 29:19-20 NKJV My root is spread out to the waters, And the dew lies all night on my branch. My glory is fresh within me, And my bow is renewed in my hand.'

When you read the book of Job, it appears that his season of loss would never come to an end. It is difficult to have a right spirit when all you have is memories of the good old days.

Renew My Spirit.

Job was not the only one that had a season like that.

- ***Noah lived in a wicked and perverse season.***
The world was so dark with wickedness that God destroyed mankind. After the destruction of Noah's world and the waters prevailed on the earth for one hundred and fifty days, "God remembered Noah." When God brought them out of the ark, the destruction and chaos of the old world was gone. The rainbow in the sky was God's promise that made it possible for them to be fruitful and multiply and fill the earth.
- ***After the cities of the plain had been destroyed, God remembered Abraham and delivered Lot.***
God knows how to restore and renew life.
- ***When Israel had been in Egyptian bondage 400 years, God remembered His covenant with Abraham, Isaac and Jacob.***
God provided a land of blessing and promise.
- ***Sampson had lost his sight and was being mocked by the Philistines in Dagon's temple.***
He cried out, "O Lord God, remember me, I pray! Strengthen me, I pray, just this once."

- ***Hezekiah was sick and near death when Amoz told him to “set your house in order, for you shall die, and not live.”***

He prayed, “Remember now, O Lord, I pray, how I have walked before You in truth and with a loyal heart.” God added fifteen years to his life.

This message is repeated often in Scripture.

When people were distressed, burdened, and oppressed, they cried out to God and He heard them and delivered them from their enemies.

- He delivered them from their transgressions.
- He delivered them from their tears.
- He delivered their soul from the pit and from corruption.

God knows how to help those who are in trouble.

James 4:8 NKJV Draw near to God and He will draw near to you.

James 4:10 NKJV Humble yourselves in the sight of the Lord, and He will lift you up.

Psalms 120:1 NKJV In my distress I cried to the Lord, And He heard me.

God delivered Noah from a wicked world. God brought Israel out of Egypt.

He rescued His people from their enemies. He rescued Job from his sickness and distress. The Scriptures show God’s deliverance for His people some 252 times. It is good to get out of your distresses and troubles.

- ***Israel was captured and carried into Babylon.***

Psalms 137:1-2 By the rivers of Babylon we sat down and we wept when we remembered Zion. We hung our harps upon the willows in the midst of it.

Psalms 137:3-4 NKJV For there those who carried us away captive asked of us a song, And those who plundered us requested mirth, Saying, “Sing us one of the songs of Zion!” How shall we sing the Lord’s song In a foreign land?

Renew... A Right Spirit in me.

By the end of 2 Chronicles, King Cyrus started releasing them to go back to Jerusalem.

They were beaten down in spirit, mind and body. Their spirit was so broken that their heads were hanging low. When they got back, the glorious city of God had been destroyed. Nothing was what they remembered. The walls and gates of the city were torn down and the city lay in ruins. Their houses were burned and their fountains were broken down and filled in. Every sacred and holy thing was torn down or destroyed.

They had been redeemed out of captivity, but there was still the smell of smoke and decaying flesh.

They dropped their heads in shame. Although they had been released from captivity, their spirit within them was broken.

In Nehemiah 1:10, God had delivered them by His mighty power.

They were home, but they had no defenses. They were redeemed, but they were not strong. They were out of bondage, but they were not safe.

God has prepared something better, He wants to renew and restore.

Listen to what God spoke to Joel and His people.

Joel 2:25 NKJV *“So I will restore to you the years”*

The word for restore means “to bring back, reinstate, repair, restore, repay, to give back.” God promised to bring back the praises and the song. He wants to bring you to a place of safety and real joy. He is ready to redeem, restore, and renew.

- **Naomi said: “I went out full, and the Lord has brought me home again empty.” (Ruth 1:21)**

Her family fled to Moab due to the severe famine. In Moab, her husband and two sons died. After ten years of dwelling in a foreign land, in desperation she returned home because she heard that the LORD had visited His people by giving them bread. Naomi said: *“I went out full, and the Lord has brought me home again empty.”* (Ruth 1:21)

That is not the end of the story.

Don’t get stuck in a season of barrenness and emptiness with a broken spirit.

When Ruth married Boaz, they had a son.

Ruth 4:15 says, *“There is a son born to Naomi.”*

They called him Obed. The women told Naomi, “Blessed be the LORD..”

“May he be to you a restorer of life and a nourisher and supporter in your old age...” Obed was the father of Jesse, who was the father of David. Jesus was born of the seed of David.

What does it look like when the Lord renews?

He gives you a right spirit and restores the song in your heart. He gives joy, peace, and contentment that endures. He lifts you up and gives new life. He renews and refreshes your spirit and gives hope. He cleanses, forgives, strengthens and encourages. He gives a right spirit and new outlook on life. He gives the comfort of the Holy Spirit. You don’t just need to get out of your troubles. You need renewal and refreshing in your spirit.