



I am no longer my own; I am yours.

Put me to what you will, and place me with whom you will. Give me work to do for you, or let me suffer for you. Let me be used by you or set aside for you, honored for you or humbled for you.

Let me be full, let me be empty. Let me have everything, let me have nothing. I freely and fully surrender everything to your will and purpose.

And now, glorious and blessed God, Father, Son, and Holy Spirit, you are mine, and I am yours. Amen.

ReFocus Guide:

Reset: Beginning Again with God

Focus:

This week invites us to slow down and begin again with God by trusting the grace that meets us where we are. The covenant of renewal reminds us that God remains faithful even when life feels heavy, inviting us to release what we were never meant to carry and receive rest for our weary souls. Each day offers space to listen, reflect, and pray, trusting that God's mercy is new and God's grace is enough for the journey ahead. .

Day 1: Letting Go to Begin Again

Scripture: Luke 9:23-25

All who want to come after me must say no to themselves, take up their cross daily, and follow me.—Luke 9:23 (CEB)

Reflection:

Renewal begins with release. Jesus invites us into a way of life that is practiced daily, not achieved all at once. Letting go is not about self-denial for its own sake. It is about trusting God enough to loosen our grip on what we rely on for security, identity, or control. When we release what cannot give life, we make room for the grace that does.

Beginning again often starts with trusting that God is enough.

Questions:

What are you holding onto that makes it difficult to follow Jesus freely? Where might God be inviting you to release control or expectation? How could letting go open space for renewal in your life?

Prayer:

God of grace, help me release what I cling to for security. Teach me to trust You more than my need for control. As I follow Jesus today, help me begin again with open hands. Amen.

Day 2: Coming to Jesus with What We Carry

Scripture: Matthew 11:28-30

Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest.—Matthew 11:28 (CEB)

Reflection:

Renewal happens when we realize and live into the fact that we were never meant to carry everything alone. Jesus does not wait for us to be rested before inviting us to come. He invites us as we are, with the weight we already carry. Rest is not escape from responsibility; it is learning to live in relationship with Christ, trusting that his way is gentler and life-giving.

True rest begins when we stop pretending we can do everything on our own.

Questions:

What burdens feel heaviest for you right now? What would it look like to bring those directly to Jesus today? How might resting in Christ reshape the way you move through your day?

Prayer:

Jesus, You see the weight I carry. Help me bring it to You rather than managing it alone. Teach me to walk at Your pace and trust Your gentle way. Amen.

Day 3: Trusting Grace More Than Effort

Scripture: Phillipians 1:6 (CEB)

I'm sure about this: the one who started a good work in you will stay with you to complete the job by the day of Christ Jesus.

Reflection:

Living into renewal means trusting that God is already at work and will remain faithful. Growth in faith is not driven by willpower alone, but by grace that sustains and shapes us. God's work in us is ongoing. We are invited to participate, not to rush or perfect ourselves.

Beginning again means trusting God's faithfulness more than our own effort.

Questions:

Where do you tend to rely on your effort rather than God's grace? How does it change your perspective to know God is not finished with you?

Prayer:

Faithful God, thank You for continuing Your work in me. Help me trust Your grace more than my effort and Your timing more than my impatience. Amen.

Day 4: Learning to Walk Lightly

Scripture: Psalm 46:10a (CEB)

That's enough! Now know that I am God!

Reflection:

Giving up our perceptions is an act of trust. When we live as though everything depends on us, our lives grow heavy. Renewal calls us to remember who God is and who we are not. Walking lightly means releasing the pressure to control outcomes and trusting God to be present and at work beyond what we can see.

Peace grows when we stop striving and allow God to be God.

Questions:

What makes it difficult for you to let God be God? Where do you feel pressure to carry more than is yours to bear? How might practicing stillness help you trust God more deeply?

Prayer:

God of peace, quiet my heart and steady my mind. Help me remember that You are God and I am not. Teach me to walk lightly and trust deeply today. Amen.

Day 5: The God Who Becomes Visible**Scripture:** Lamentations 3:22–23 a (CEB)

Certainly the faithful love of the Lord hasn't ended; certainly God's compassion isn't through! They are renewed every morning.

Reflection:

Renewal is lived one day at a time. God's mercy meets us each morning, inviting us to begin again regardless of how yesterday went. Beginning again is not failure. It is faith. God's compassion does not wear out, and grace continues to meet us wherever we are.

Each day becomes an opportunity to live rooted in trust and guided by grace.

Questions:

What How does knowing God's mercy is new each day shape your outlook? Where do you need to give yourself permission to begin again? What practice can help you remember the renewal God is inviting you to live into?

Prayer:

God of new beginnings, thank You for mercies that greet me each morning. Help me live into this covenant daily, trusting Your grace to guide my steps. Amen.

Closing Prayer:

Faithful God, thank You for inviting me into a renewed way of living. Help me live into the renewal you are inviting to live into not through striving, but through trust. When I grow weary, teach me to rest. When I feel uncertain, remind me of Your faithfulness. Let each day be an opportunity to begin again with You. In the redeeming name of Christ, I pray Amen.