

Fresh Oil: The Call to be Renewed!

Claude Lainey – August 31, 2025

We all need to be refreshed and to be renewed!

Spiritual renewal is a biblical practice!

2 Corinthians 4:16 (NLT) That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.

Isaiah 40:31 (ESV) but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Psalms 23:3 (NIV)— “He restores my soul.”

James 4:8 (ESV) Draw near to God, and he will draw near to you.

Psalms 92:10–11 (NLT) But you have made me as strong as a wild ox. You have anointed me with the fresh oil.

Lamentations 3:22–26 (ESV) The steadfast love of the Lord never ceases; his mercies never come to an end; ²³they are new every morning; great is your faithfulness. ²⁴“The Lord is my portion,” says my soul, “therefore I will hope in him.” ²⁵The Lord is good to those who wait for him, to the soul who seeks him. ²⁶It is good that one should wait quietly for the salvation of the Lord.

Why we need to be renewed?

1. We cannot act like Jesus if we are not renewed.

John 15:5 (NIV) Apart from Me YOU can do nothing.

Without renewal, we slip back into our natural ways — impatience, pride, anger, selfishness.

Romans 8:5–8 (NIV) Those who live by the flesh cannot please God.

2. We cannot make godly decisions if we don't walk in renewal.

Isaiah 30:21 (NIV) “Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’”

- **David and the Philistines 2 Samuel 5:17–25: David went to the Lord for direction!**

3. We cannot walk in His will if we are not renewed.

- **We need the renewal of our mind: it doesn't happen all at once!**

Romans 12:2 (NIV) “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.”

Galatians 5:25 (NLT) Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. (“we keep in step with the Spirit ”)

Philippians 2:13 (NIV) It is God who works in you to will and to act in order to fulfill His good purpose.

4. We cannot be effective in our calling if we are not renewed.

5. We cannot carry His presence into our homes, work, and community if we are not renewed!

- **Without renewal we lose our flavour!**

Matthew 5:13 (NIV) You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again?

Matthew 5:14 (NIV) “You are the light of the world... let your light shine before others.”

6. We cannot radiate joy if we are not renewed.

Isaiah 61:3 (NIV) God gives “the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.”

- **Renewal replaces heaviness with Joy!**

How do we walk in Renewal: 5 Practical Steps

1. We need to recognize our need for renewal!

2. We need to make space for God:

- Set time in your schedule. Don't let life plan your day!**
- Step aside in your day. Whenever you have a moment, instead of going to your phone, close your eyes and talk to Him!**
- Take time to read his Word and reflect on his Word. Take time to remember His words to you! It's called “to meditate”.**
- Take time to worship whenever you can!**
- Practice Sabbath. We can't go and go!**

3. We need to stay connected — Renewal also flows in community.

4. We need to guard against what drains us.

- **Bitterness, busyness, distraction, unforgiveness, constant negativity, and sin are oil leaks” that leave us empty.**

5. We need to ask daily for fresh filling.

- **Pray simply: Holy Spirit, fill me with fresh oil today.” Ephesians 5:18**