



# 40 Days of Spiritual Preparation

## WEEK 1: PERSONAL RENEWAL

All revival and movements of God's Spirit begin with personal awakening and repentance. It is easy to look at others, or what's going on "out there," and see what is wrong and blocking the work of God. But we need to first turn inward and seek personal renewal and hearts prepared and aligned with Jesus, so that our prayers are most effective and we are free to do His will.

### **Tuesday, March 3rd:**

Read Psalm 51 prayerfully. Focus in on v. 1, 2. What does being cleansed from sin mean to you? How have you experienced that in your life, or how would you like to? Pray giving God thanks in faith for his cleansing power. Are there sins in your past that continue to come back to you even though you've confessed them before? Pray declaring the truth of v. 2, that God removes your sin as far as east is to west (Ps. 103:12), and that there is no condemnation for those in Christ Jesus (Rom. 8:1). Ask the Holy Spirit to lead you into personal renewal and what it means to keep on being made new in Christ.

### **Wednesday, March 4th:**

Read all of Psalm 51 again. Focus in on v. 3-6. Ask the Holy Spirit to show you the heart of your perfect, heavenly Father in regard to sin. Why does it grieve him, and why was he willing to give His only begotten Son for the forgiveness of your sin? Pray asking God to reveal those things in your attitudes or actions that you have overlooked as sin. What are the things that nobody else sees in your inner self that God wants you to confess as sinful? Name those things and ask him for forgiveness.

### **Thursday, March 5th:**

Read all of Psalm 51 prayerfully again. If it is seeming a little familiar or boring attempt to speak some of the verses from memory. Focus on v. 7-9, and ask the Spirit to show you what this teaches you about God. Now read Isaiah 1:16-18. According to this, what are some ways you can live out being washed and cleansed and demonstrate righteousness? Pray thanking God that we are washed clean by the blood of Jesus.

### **Friday, March 6th:**

Read all of Psalm 51 again, adding what you can from memory. Re-read verses 10-13. Read also Ephesians 4:30-5:1. Ask the Holy Spirit to reveal or bring to mind ways that you grieve the Holy Spirit, especially ways that you don't follow His leading to love people well or sacrificially. Specifically where or which people in your life have you been resisting the Lord's call to love like Jesus (neighbors, people in your church, people you work with, family members, etc.)? Confess these things to God so that He can renew a right spirit within you and restore the joy of your salvation.

**Saturday, March 7th:**

Read all of Psalm 51 again, adding what you can from memory. Re-read verses 13-17. Why is personal renewal, including confession and forgiveness, going to impact your family, your church and community according to these verses, especially 13-15? Pray that God would do a renewing work in your spirit so that you would be free and unencumbered —no pride, no guilt, no shame — to teach and testify about His amazing grace. Ask God to show you who you can share with about His forgiveness, grace and mercy this week.

**Sunday, March 8th:**

Read Psalm 51 prayerfully again and take note of any verses or phrases that jump out at you and ask the Spirit to show you why they are meaningful in your life today. Read verses 16-19 carefully. Are there ways that you have gone through religious motions but not humbled your heart before God? How does pride get in the way of responding to the Holy Spirit’s conviction both in a worship service and throughout your days? Ask God to forgive those empty religious activities and any prideful cover-up, so that one by one we can release a wave of renewal at Spring Arbor FM that will delight the Lord (v.19).

**Monday, March 9th:**

Read 1 John 1:5-2:2. What do you learn about God in this passage? What do you learn about people? Re-read 1 John 1:8-9. Why is it important to have a regular practice of confessing your sins? Read Ephesians 5:6-14, and pray asking the Spirit to continually shine the Light into your life so that we live awake and expectant for the work of God. Are there any areas where you’ve been complacent or resistant to letting God reveal your sin? Confess those and thank God for the truth that anything we bring into the light is forgiven and we are released from darkness!

**Living Out Your Prayer:**

Consider taking one or all of these action steps in the coming days.

- Fast from negativity - don't speak any negative or critical words for the next week.
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- Humble yourself and give an encouraging word or take a step toward someone you have had a strained relationship with or someone you encounter this week as difficult to be around.
- Listen to "[All My Hope Is In Jesus](#)," by David Crowder or "[Nothing But the Blood](#)" by the Old Time Gospel Hour Quartet.

Make a list of the ways you have been cleansed and forgiven and give thanks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_