




RENEW
RESTORE
REFRESH

King James Version

 *Participant's Workbook*



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*Gail Marsh
Jane L. Fryar
King James Version*

The vision of CTA is
to see Christians highly effective
in their ministry so that Christ's Kingdom
is strengthened and expanded.

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Scripture quotations are from the King James Version of the Bible.

Renew.

Restore.

Refresh.

Getting Started

Renew. Restore. Refresh. Where? How? Sign me up now! In today's fast-paced, high-stress world, most of us will try almost anything to relax! Consider:

"Float Therapy" clients spend an hour in total darkness. They are suspended in a solution of warm water saturated with Epsom salts.

"Silence Spas" are usually found in remote locations, far from cities, traffic, and yes, smartphones. No noise—or talking—is allowed.

"Salt Rooms" offer clients walls, floors, and ceilings covered with salt. Salt particles circulate through the air, as well. The salt ions are said to elevate your mood. (They just might clear your sinuses as a bonus!)

Renew. Restore. Refresh. Though this retreat offers no float therapy or salt-room relaxation, it does promise real relaxation, authentic spiritual renewal. You won't see a single salt crystal, but you will have ample opportunity to rest in our Savior's love!

What else? That's primarily up to you! Use the next two pages to reflect a bit and then set some personal goals for your time away.

Reflecting on Renewal

As I come to this time of retreat, I pray for a fresh perspective, for spiritual restoration and renewal.

I am coming from . . .

1

2

3

I left these things and these people behind . . .

1

2

3

Here's what I'm praying for the people I left behind . . .

1

2

3

Although attending this retreat involved some sacrifice, I know this time spent with my sisters in Christ will be restorative, encouraging, a blessing! Here are a few things I hope to take away . . .

1

2

3

Here's what I'm praying for our leaders and the other people here . . .

1

2

3

Session 1: Return



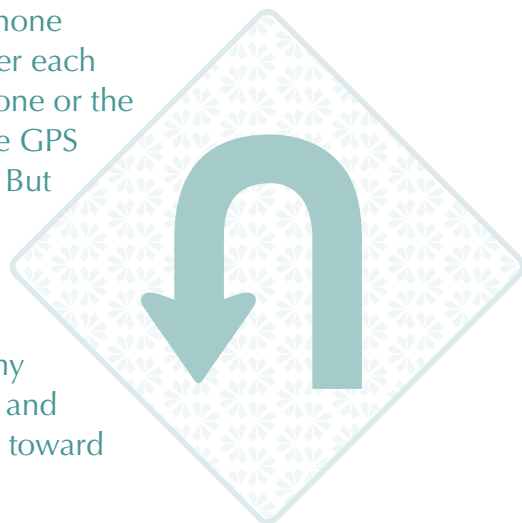
Heading downtown for a birthday celebration at a once-favorite restaurant, my two sisters and I had decided to rely on directions from my GPS. It had been years since we had lived close enough to eat there, especially on a celebratory occasion. And so, we started out. While the maps in my GPS device were seriously out of date, I was confident the restaurant's location had not changed. "This will work," I thought to myself.

All three of us were looking forward to the food and fun the evening promised to provide. We laughed and chatted for 35 miles. But as we arrived in the city and exited onto a downtown street, I started having second thoughts.

The GPS directions differed quite markedly from my memory of the restaurant's location. To make matters worse, traffic was heavy and several main streets were closed for repairs. As the moments passed, I grew more and more certain the GPS directions were faulty. Again and again, I turned down streets that looked familiar. Again and again, the GPS declared in its know-it-all tone, "Recalculating!"

Inexplicably, no one's cell phone could access a map app. After each "Recalculation," I implored one or the other of my sisters to shut the GPS off—or at least turn it down. But neither could discover the trick to doing so.

As the traffic thickened and began to speed up, I made my way into the right-hand lane and turned onto a random street, toward



Turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness.

Joel 2:13

the restaurant—or so I thought. "Recalculating!" warned the GPS. "Is this the way?" said one sister. "I think so," I said, trying to sound reassuring.

Two blocks later, the pavement suddenly turned to cobblestones. The ride grew rougher and rougher, "rough as a washboard," as our dad, who knew about such devices, would have said. "Are you sure?" asked the other sister, in a tone quite a lot like that of the GPS.

Before I could answer, the Mississippi River appeared dead ahead, and the cobblestones began sloping downward toward it. Panicked, I made a sharp right turn onto the first paved street I saw. Or onto what I thought was a paved street. "Recalculating!" taunted the GPS.

"Give that thing here!" I shouted, hoping to pitch it out the window. "This looks like a bike path," speculated the sister in the back seat. "It is a bike path!" exclaimed the sister in the front seat. "Turn around!" commanded the GPS.



Sometimes, it's the only sane thing to do. Turning around, I mean. The Bible has a word for that: *repent*. *Repentance* can sound icky, bleak, dreary. But its synonym, *return*, carries a connotation of comfort, of the peace available through Jesus, the One who died to make our return to God and peace with him possible. "Come on home," the Lord invites. "Return! You're welcome here."

Reflect, Refresh, Respond

- 1 Have you ever found yourself in a situation that quickly went from bad to worse, from fun to frantic, from comfort to chaos? Think about a family road trip, your first job, the new puppy. Jot a few notes about that experience. Then share your story with others in your group.
- 2 In the account you just read, what beliefs, attitudes, and decisions took the situation from bad to worse? How did that happen in your own story?
- 3 What makes turning around so difficult, even when we sense that nothing good lies ahead?
- 4 Reread the last paragraph on page 7. In your own experience, how are *repent* and *return* different? In what ways are they alike?

- 5 Now read Joel 2:13—from page 7 or from your Bible or Bible app. Which words or phrases in the verse feel warmest, most inviting to you? Explain.
- 6 How might this verse change the way you think about “repentance”? Would that be a change for better or for worse? Explain.
- 7 What does the process of repentance and returning have to do with restoration, renewal, and refreshment in our walk with Jesus?
- 8 As you can do so comfortably, tell about a time when returning—as it is described in Joel 2:13—brought renewal, restoration, or refreshment into your personal life.