

THE 7-STEP RESOURCE GUIDE TO BECOMING REVIVED, RESTORED AND RENEWED.



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Have you ever found yourself facing challenges that seemed insurmountable? Have you endured periods of darkness that left you feeling lost and overwhelmed?

This 7-step guide is designed to empower you, providing the encouragement you need to step into a new season of breakthrough!

It's time to leave behind the burdens that once held you back and embrace the freedom of renewal! May the Holy Spirit guide you towards healing and wholeness in every aspect of your life!

-Elizabeth

*PRINT THIS GUIDE TO COLOR ITS PAGES OR USE IT DIGITALLY FOR CLICKABLE SCRIPTURE LINKS.

REVIVED. RESTORED. RENEWED.

*"This is my comfort in my affliction,
That Your word has revived me."*

Psalm 119:50

THE JOURNEY:

First and foremost, I want to celebrate you. Choosing the path of healing and restoration can be a daunting journey, especially when you've been deeply wounded. In fact, I've walked this challenging path myself. It's been a journey of allowing God to guide me to where I stand today, and let me tell you, it hasn't been easy.

There were days filled with hope, and others where I felt like my spirit was crumbling. But what remained constant was my determination not to remain trapped in my pain.

"Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise."

Jeremiah 17:14

I immersed myself in worship, seizing every opportunity, whether during a Sunday service or at 4:30 in the morning. I poured out my heart, allowing myself to become vulnerable and transparent before God, revealing the depths of my pain. As God began to revive me, I realized it was because I had allowed Him to touch the most wounded parts of my soul. Remember, revival, restoration, and renewal can only occur when you open up.

Now, I want to share with you the strategies that helped me find the healing and revival I desperately needed.



*"He heals the brokenhearted and
binds up their wounds."*

Psalm 147:3

1. THE FAITH TO HEAL



Your journey will require your faith. Hebrews 11:6 says, without faith it is impossible to please God and that we must believe He exists and rewards those who seek in him. We must believe God to revive, restore and renew us. It only comes through Him and by Him alone. Everything else, will only provide a temporal satisfaction. Begin to ask God to strengthen you to believe in the areas where you may be experiencing doubt.

"He sent out his word and healed them, and delivered them from their destruction."

Psalm 107:20

2. TIMES OF PRAYER AND WORSHIP

Worship is a powerful way to express your gratitude and admiration to God. We were designed to worship through spending time in Gods word, through prayer and of course through dance and song. What I have learned is, worship shifts our mind off of the problem and helps us to look to the solution which is Christ Jesus. The Bible says that we must worship Him in Spirit and in Truth. This means, we can no longer respond out of our emotions or carnal state, but out of a place that is pure, righteous and of God. (Read Gal. 5:22)

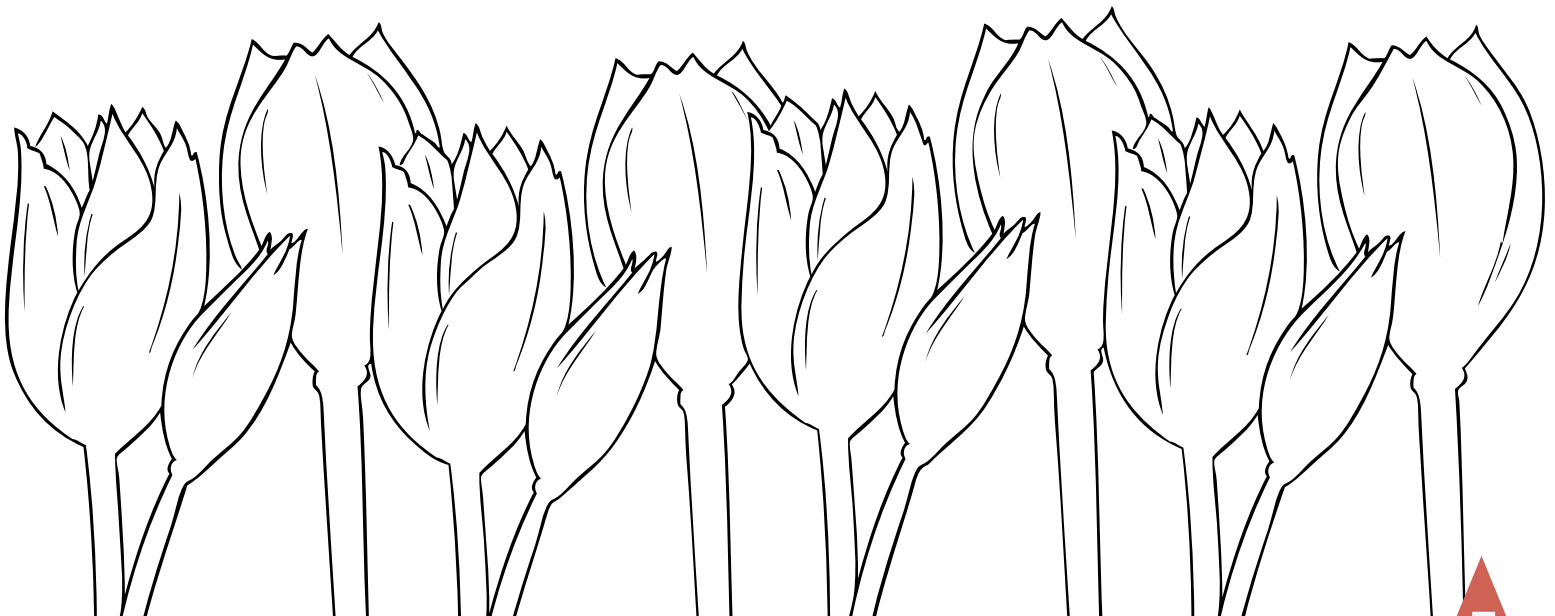
Begin to set time aside for God daily. Allow for Him to speak to you in Prayer, through His Word or with Worship music. (Also read Matthew 6:33)

"O Lord my God, I cried to you for help, and you have healed me."

Psalm 30:2

3. ACKNOWLEDGING THE PAIN

Have you ever heard of the phrase "you cannot heal, what you don't reveal."? Well it is definitely true. Ask yourself? What areas do I need to be revived, restored and renewed in? And then ask yourself the hard question which is "**WHY?**" The process of being revived can be daunting because it causes you to examine yourself. Most of the time, we choose to look for who to blame, without accepting responsibility of anything that we may have done to get to where we are now. The bottom line is, if you want to be revived, you have to figure out what caused you to be broken in the first place. Ask Holy Spirit to show you areas in your heart that has kept you from fully being revived.(Read Psalm 32:5)



*"Gracious words are like a
honeycomb, sweetness to the soul
and health to the body."*

Proverbs 16:24

4. FORGIVING WHAT SEEMS HARD TO FORGET



Not all of us are needing to be revived due to some type of hurt that we have experienced in our past. However, if you are one of the ones who has been battling unforgiveness from a relational wound, family wound, parenting wound, divorce, separation, infidelity, rejection, abandonment, or any other affliction, and feel like it is too hard to receive the restoration that you need, then I want you to begin to explore the area of forgiveness and how it can and should be applied to your life. (Read Mark 11:25, Matthew 6:15, Matthew 18:21-22, Luke 6:37, Proverbs 10:12)

*"And Jesus said to him, "If you can!"
All things are possible for one who
believes."*

Mark 9:23

5. THE RIGHT POSTURE

This is extremely important. We must be in the right posture to receive the restoration that we need. This pertains to our heart, mind, and sometimes our physical space.

Your heart and mind must be postured and ready to receive restoration. You have to come with a "no matter what it takes" mentality. I am reminded of the woman with the issue of blood (Luke 8:43-48) and how she pressed through the crowds just to get to the hem of Jesus.

She knew he was coming, and she postured herself to get in the right place to receive what she was looking for. You must be intentional about receiving the healing that you are in need of, through Christ.

Come to me, all who labor and are heavy laden, and I will give you rest.

Matthew 11:28

6. ACCOUNTABILITY

I believe that everyone should be accountable to someone. You need the right people who will help encourage you on your journey. I've learned that it takes a special type of grace to walk with a brother/sister who is down. Not everyone will be able to handle your transparency. Ask the Lord to send you to people who won't judge you in your process, that will cover you and that will be agents of restoration to you! Those who are truly assigned to your process won't give you permission to stay down, but will help you get back up! (Read Galations 6:1)



"He gives power to the faint, and to him who has no might he increases strength."

Isaiah 40:29

7. MINDSET SHIFT

You must be willing to let God restore your mind! There's nothing quite like facing a challenging setback that plunges you into a battle for your mental well-being. I'm here to assure you that God desires to restore not only the visible but, more importantly, the unseen. He wants to renew your heart, reshape your thinking, and transform your responses. Ask the Lord to refresh your mind in Him.

May your thoughts be refined and purified for the glory of God. May you gain clarity and resilience to see things from His perspective. (Read Romans 12:2)



*"I can do all things through Christ
who gives me strength."
Phillipians 4:13*

I pray that this guide will serve as a valuable companion on your journey towards revival, restoration, and renewal.

Father,

I pray now for the individual reading this message. I declare Psalm 119:50 over their life. May they find comfort in their affliction. May Your Word breathe life and clarity into their situation. In Jesus' name, Amen.

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STAY CONNECTED



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