



RENEW

GOD'S MISSION. OUR PURPOSE.

BEING MADE NEW
TEN MINUTES AT A TIME

JAMES GROUT AND BEN STEWART



simply for students



YouthMinistry.com/TOGETHER

10 Minute Moments: Renew

Being Made New Ten Minutes at a Time

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Credits

Authors: James Grout and Ben Stewart
Executive Developer: Nadim Najm
Chief Creative Officer: Joani Schultz
Editor: Rob Cunningham
Cover Art and Production: Veronica Preston

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INTRODUCTION

We heard recently that if a YouTube® video runs more than three or four minutes long, people are less likely to click on it because they are unwilling to commit that much time to watching one video. Is that true for you? It often is for us. If either of us is interested in watching a video, we will often look first to see how long it is. If it's too long, we'll pass it up in search of something with the same subject that's a little shorter.

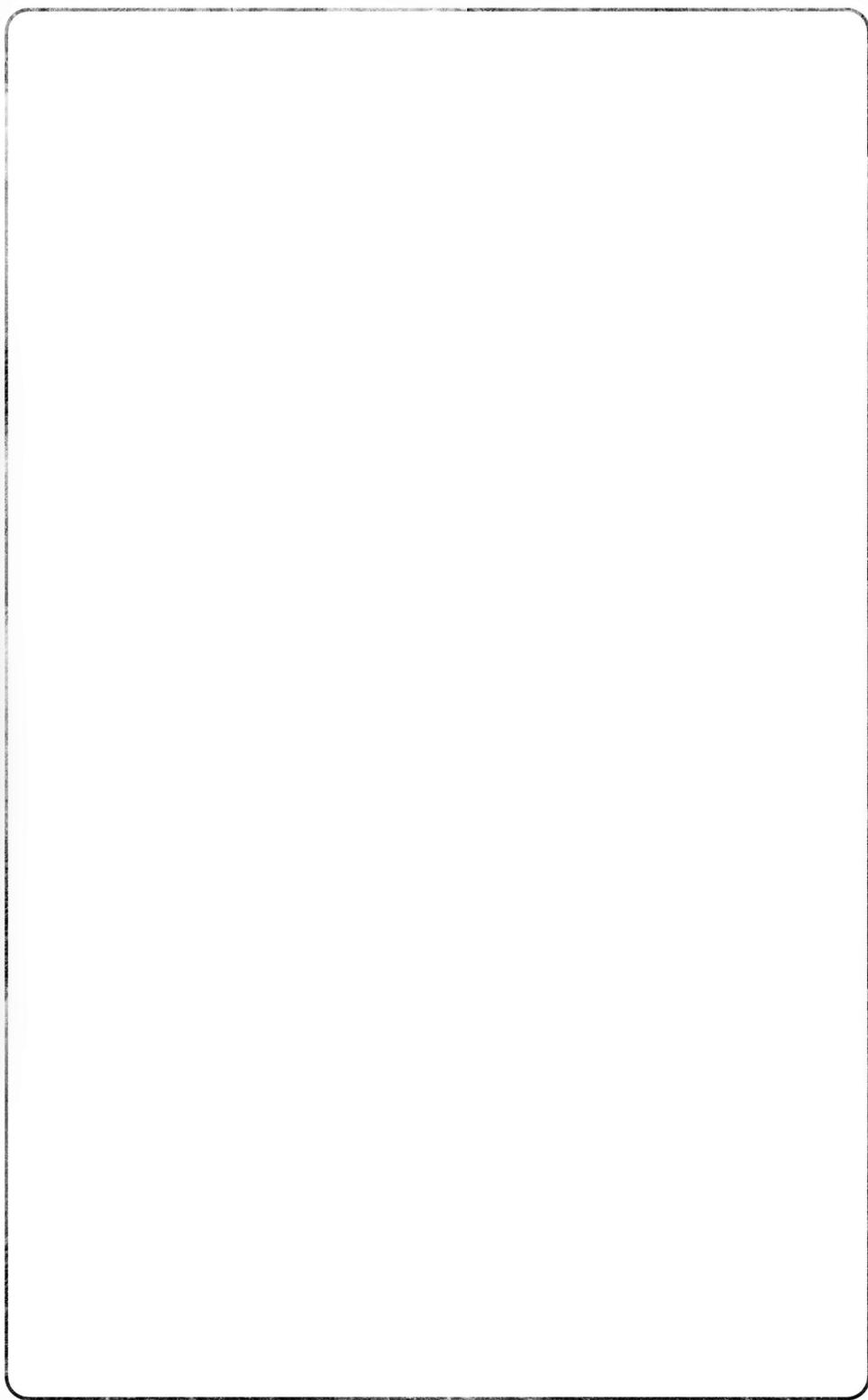
However, we each have also noticed that we're inclined to watch four or five videos in a row, which adds up to about 15 or 20 minutes of our time. So whether we view a 15-minute video or several three-minute videos, the result is the same: We've just watched videos for a quarter of an hour.

If you were told to spend five hours (300 minutes) hearing from and interacting with God, you might find that intimidating and overwhelming. But that's exactly what you can do this month thanks to this book. All you have to do is set aside 10 minutes each day to engage with God through his Word and the devotions in this book—each one written to help you hear from and spend time with God. We encourage you to view those 10-minute moments with God as a daily reminder that he is with you at all times.

“Renew” is not only the title of this book, it is also the overarching theme of the book and shows up on every single page. As you will discover, renewal is a constant theme of the Bible—and even more importantly, renewal is the very heart of God. Our God loves to make things new! As you spend time with God, we hope your eyes will be opened to the ways he brings renewal to this world, to our communities, and to each of his children—including you.

We are trusting God to RENEW you day by day
(2 Corinthians 4:16)!

James and Ben





Day 1

THE BEAUTY OF NEW THINGS

I (James) really like getting something that is new. The first car I ever bought was used—very well used. So were the next four I owned. But a few years ago, I traded in my used car and bought my first new car. It was fresh from the factory: no miles on it, no marks on it, no previous owners, and no funky smells. In fact, it was my first experience with the “new car smell.” I was very happy.

You’ve probably experienced the joy of owning something new as well. Our enjoyment of such things comes from the fact that God created us in his image and he is all about new things. When God created this world and everything was new, he was very pleased with it.

2 MINUTES

Read through the passage below twice.

Genesis 1:26-31 (NLT)

²⁶Then God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.” ²⁷So God created human beings in his own image. In the image of God he created them; male and female he created them. ²⁸Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals

that scurry along the ground.”²⁹Then God said, “Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food.³⁰And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life.” And that is what happened.³¹Then God looked over all he had made, and he saw that it was very good! And evening passed and morning came, marking the sixth day.

5 MINUTES

Spend some time reviewing the following questions in relation to the verses you’ve just read. Write down your answers if it helps you concentrate.

- What does this passage reveal to you about God and his character and his desires?
- What can you discover about humanity from these verses?
- What do these verses tell you about the intended relationship between humanity and God?
- At the end of the sixth day of creation, God saw everything he had made and declared that all of it was good—actually, very good! Is it easy or difficult for you to imagine everything being good? Why?

3 MINUTES

You and God

- Tell God some of your thoughts about how he created humanity and the role he gave to humans in his creation. Talk to God about something you really loved when it was new—let God know that you can understand a small piece of how he felt when he saw his completed creation.

- If there is some quality about God that you find particularly important in the account of creation, take some time now to tell him what that is and thank him for being that kind of God. Specifically talk with God about why that character quality is so meaningful to you.
- Take about a minute to be silent and listen to what God might want to say to you through his Holy Spirit.

THOUGHTS

This space is here for you to jot down some thoughts, write out a prayer, draw a picture, or do whatever you want to help you remember your 10-minute moment.



Day 2



NO LONGER
NEW

Not long after purchasing my brand-new car, I (James) forgot one of the most important rules of the road: Always come to a complete stop at a stop sign. My rolling stop turned into a minor accident as I hit the car in front of me. The damage was not extensive to either car, but I did have to spend a few minutes picking up pieces of my headlights from the gutter. In an instant my new car was no longer new—and it never would be again.

In a similar but much deeper way, that is the effect sin had on God's good creation: It was no longer new and no longer only good! God's perfect creation was tarnished by sin. And humanity's close, intimate relationship with God was interrupted.



2 MINUTES

Read the passage below a couple of times—but don't rush. Absorb the significance of this event.

Genesis 3:1-8 (NLT)

¹The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?" ²"Of course we may eat fruit from the trees in the garden," the woman replied. ³"It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'" ⁴"You won't die!" the serpent replied to the woman. ⁵"God

knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil.”⁶The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too.⁷At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.⁸When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees.

5 MINUTES

Spend some time reviewing the following questions in relation to the verses you've just read. Write down your answers if it helps you concentrate.

- Think about the beauty of God's very good creation and all the first man and woman had to enjoy. When and where do you most love to experience God's creation and nature?
- How was the serpent able to convince the woman and man to eat the fruit God had forbidden? Why was his crafty lie so effective?
- When do you find yourself most vulnerable to the enemy's lies and deceptions?
- Why is the shame Adam and Eve felt about being naked an important part of this passage? What had changed?

3 MINUTES

You and God

- Talk to God about some of the sins in your life that make you very aware that you are not “new.”
- If you want to ask for forgiveness or for help in the areas where sin seems to have control, God would love to hear that prayer now.
- Be as silent as possible to see if God has anything to say to you through his Spirit.

THOUGHTS

This space is here for you to jot down some thoughts, write out a prayer, draw a picture, or do whatever you want to help you remember your 10-minute moment.



Day 3



**RENEW:
MADE NEW
AGAIN**

After banging up my brand-new car, I (James) was sad and embarrassed. More than anything, I just wished the accident had never happened. I wanted my car to be exactly as it was when I first saw it in the showroom. I took the car to be repaired and repainted, and after about a week I got my car back looking really good. A body shop can make a damaged car look like it's new, but that's only a repair job—it's not actually new.

Sin has had a similar effect on our world. We can try to make it look good and pure, but we don't actually have the power or authority to make things new again. That power and authority belong only to the God who created everything in the first place. God made everything and it was very good, but once sin stained and damaged the perfect creation, only God could set things in motion to make everything new again. This happens through Jesus. God came into this world in the form of a man to reverse the effects of the first man's sin. He is in the process of renewing everything.



2 MINUTES

Read the passage below a few times; these verses come from a paraphrase version of the Bible.

Romans 5:18-21 (The Message)

¹⁸⁻¹⁹Here it is in a nutshell: Just as one person did it wrong and got us in all this trouble with sin and death, another person did

it right and got us out of it. But more than just getting us out of trouble, he got us into life! One man said no to God and put many people in the wrong; one man said yes to God and put many in the right. ²⁰⁻²¹All that passing laws against sin did was produce more lawbreakers. But sin didn't, and doesn't, have a chance in competition with the aggressive forgiveness we call grace. When it's sin versus grace, grace wins hands down. All sin can do is threaten us with death, and that's the end of it. Grace, because God is putting everything together again through the Messiah, invites us into life—a life that goes on and on and on, world without end.

5 MINUTES

Spend some time reviewing the following questions in relation to the verses you've just read. Write down your answers if it helps you concentrate.

- These verses draw a comparison between the first man (Adam) and Jesus Christ (sometimes referred to as the Second Adam). In what way are Adam's actions related to the actions of Jesus?
- What is your reaction to the statement that sin doesn't have a chance in comparison with grace (receiving favor we do not deserve)?
- What can sin offer you? What does grace offer?
- Where do you see God doing a work of renewal in this passage? What is God making new?

3 MINUTES

You and God

- Even though the original sin was not ours personally, you and I have inherited the consequences of sin. This means we have a

sinful nature, and we all sin. If that feels unfair or unreasonable, tell God how you feel about that. If you accept that this is the way it is, then tell God how you feel about your own sin.

- Tell Jesus what you think about his role in making everything new. If you are thankful for his work of renewal in the world and in your life, tell him so.
- Try to be silent for a minute to see if God wants to speak to you through his Holy Spirit.

THOUGHTS

This space is here for you to jot down some thoughts, write out a prayer, draw a picture, or do whatever you want to help you remember your 10-minute moment.

Day 4

A NEW YOU: SHATTERED EXPECTATIONS

Have you ever been mad at God? Maybe it sounds too harsh to say mad. Have you at least been *disappointed* in God? Perhaps the request you have offered up over and over again has gone unanswered. Or the broken relationship you hoped God would heal remains an open wound. Or you continue to struggle with the same temptation, even though you hoped God would instantaneously take away that desire from your life.

If we're honest, being a Christian doesn't mean things get easier. In fact, sometimes it makes things more frustrating because we feel like God doesn't care or has abandoned us. God just doesn't act the way we expect. But we aren't the first people to experience this: Even Jesus' own disciples had their expectations shattered.

2 MINUTES

Read through the passage below twice.

Matthew 16:21-23 (NLT)

²¹From then on Jesus began to tell his disciples plainly that it was necessary for him to go to Jerusalem, and that he would suffer many terrible things at the hands of the elders, the leading priests, and the teachers of religious law. He would be killed, but on the third day he would be raised from the dead. ²²But Peter took him aside and began to reprimand him for saying such things. "Heaven forbid, Lord," he said. "This will never happen

to you!”²³ Jesus turned to Peter and said, “Get away from me, Satan! You are a dangerous trap to me. You are seeing things merely from a human point of view, not from God’s.”

5 MINUTES

Spend some time reviewing the following questions in relation to the verses you’ve just read. Write down your answers if it helps you concentrate.

- Why was Peter so upset by Jesus’ statement?
- What expectations do you think Peter had for Jesus? How did Jesus’ plan not meet those expectations?
- Have you experienced disappointment? Think of a time when God didn’t do what you expected or act the way you had hoped—how did you respond?
- In what area(s) of your life are you more concerned about your will being fulfilled than God’s?
- Do you believe God cares about your concerns? What do you think about the idea that God’s plans are for your good even when you cannot see the end?

3 MINUTES

You and God

- Two truths lie side-by-side: God does not disappoint—but we experience disappointment. Talk to God about your understanding of this seeming contradiction.
- Try to spot some areas in your heart and mind where you have expectations of God that are really just self-serving. Ask God

to change your expectations and make his good plans clear to you. Thank him for being the God who *“causes everything to work together for the good of those who love God and are called according to his purpose for them”* (Romans 8:28 NLT).

- Take one final minute to be silent and see what God may want to speak to you by his Spirit.



This space is here for you to jot down some thoughts, write out a prayer, draw a picture, or do whatever you want to help you remember your 10-minute moment.



Day 5



A NEW
YOU: REAL
COMMITMENT

When a person becomes a follower of Jesus, that decision brings along more than just a title or label. Claiming the name *Christian* means you are deciding to follow Jesus—to live a new kind of life. The word *Christian* actually means “little Christ.” It was originally a term of ridicule or shame from the Romans, but the early church eventually owned that title and turned it into a name of honor.

Little Christ: one who is committed to living the way of Jesus.

Picture a young boy trying to be like his big brother. He copies his moves, listens to the same music, and uses the same words. He thinks so highly of his big brother that he wants to be just like him.



2 MINUTES

Read through the passage below several times.

John 6:60-69 (NLT)

⁶⁰Many of his disciples said, “This is very hard to understand. How can anyone accept it?” ⁶¹Jesus was aware that his disciples were complaining, so he said to them, “Does this offend you? ⁶²Then what will you think if you see the Son of Man ascend to heaven again? ⁶³The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life. ⁶⁴But some of you do not believe me.” (For Jesus knew from the beginning which ones didn’t believe, and

he knew who would betray him.) ⁶⁵Then he said, "That is why I said that people can't come to me unless the Father gives them to me." ⁶⁶At this point many of his disciples turned away and deserted him. ⁶⁷Then Jesus turned to the Twelve and asked, "Are you also going to leave?" ⁶⁸Simon Peter replied, "Lord, to whom would we go? You have the words that give eternal life. ⁶⁹We believe, and we know you are the Holy One of God."

5 MINUTES

It's important for us to acknowledge that all-out commitment to Jesus is not easy. Certainly, we experience beautiful moments in being a Christ-follower, but when we understand the life we have been called to live and what it looks like to imitate Jesus, it's not always easy. In this passage, we see that many of Jesus' disciples discovered this truth and decided to throw in the towel and leave.

Spend some time reviewing the following questions in relation to the verses you've just read. Write down your answers if it helps you concentrate.

- What parts of following Jesus do you enjoy? When do you find it most difficult? You may want to write these things down.
- As you look at your journey with Jesus, have you ever found yourself in a place where you wanted to give up? Are you in that place right now?
- How do you think we can get through those difficult times? How can Scripture, prayer, and talking with other Christ-followers help you in those times?

3 MINUTES

You and God

- Tell Jesus about the hardest moments you face when following him. Ask him to open your eyes to the ways he wants to be with you in those moments.
- Ask for strength from God to continue following Christ even when it is difficult.
- If you are able to agree with Jesus' closest disciples, say these words to Jesus: "Where else can I go? You have the words of eternal life."
- Take a moment to be quiet and receive strength or comfort from the Holy Spirit.

THOUGHTS

This space is here for you to jot down some thoughts, write out a prayer, draw a picture, or do whatever you want to help you remember your 10-minute moment.



Ever wanted to push the reset button on your life? Good news: God is in the business of giving second chances and renewing our lives!

Renewal is a constant theme of the Bible because God loves to make things new! God's perfect creation was tarnished by sin, but God set a plan in motion to make things new again, and that process of renewing everything continues today.

As you spend time with God through this 30-day devotional, you'll witness how he brings renewal to this world. You'll examine real-life experiences of people from the Bible and how God renewed their lives—and you'll discover how God wants to renew you, your identity, your community, and your world.

Get ready for God to renew you day by day!



JAMES GROUIT is the National Director of Alliance Youth for the Christian and Missionary Alliance. He has been involved in youth ministry for over 20 years and has loved (almost) every minute of it. James and his wife, Lisa, live in Colorado with their daughters, Annie and Layla.

BEN STEWART is currently serving as the Director of Envision (the young adult ministry with the C&MA). Prior to taking this position he served as a youth pastor (for eight years) and a church planter in Madison, Wisconsin (for two years). Ben has also founded the anti-sex-trafficking organization "5 Stones." He currently lives in Colorado Springs with his fantastic wife, Kathy, and their two kids.



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helping youth workers with what matters most

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