

# BE RENEWED | SOME PRACTICAL STEPS

## BE IN THE WORD

God's word is the "true north" for our minds. The truth it contains cannot return void ([Isaiah 55:10-11](#)), and will faithfully revive our souls, make us wise, make our hearts rejoice, and enlighten our eyes ([Psalm 19:7-8](#)).

## BE IN NATURE

Nature has a way of humbling us and reminding us that we're not in control, as well as directing our eyes to the Sovereign Creator of the Universe. It is good for our thought life.

## BE IN COMMUNITY

We'll just leave one last Brett McCracken quote here:

"A faithful, Christ-centered church and its wisdom-infusing patterns of worship is increasingly a refuge for those being pummeled by the maelstrom of our digital era. It certainly is for me. By the time Sunday rolls around each week, I feel desperate for it: desperate to be around real, flesh-and-blood community after spending my week mostly interacting with people through screens; desperate to be transported from the fickle and fleeting debates of social media and into a space of worship that glimpses the eternal." - Brett McCracken, *The Wisdom Pyramid*

## BE IN CONVERSATION (WITH GOD)

According to [Philippians 4](#), the antidote for anxiety is prayer.

"...The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." ([Philippians 4:6](#))

## BE RE-CREATIVE

Find out what things draw your heart to God and do those things. What causes you to stop in your tracks and direct your thoughts to Him?

## BE STILL

Find space (difficult, but possible) to be still and know that He is God.